

A reason to sign your donor card

A first-year police foundations student is living the good life after heart transplant two years ago.

SPOKE

A learning newsroom for journalism students

The age of consent

Fourteen-year-olds can still have sex after a proposed amendment was overturned.

Calling all techies

Nerds on Site is a computer essential for students and graduates.

Tuesday, October 11, 2005

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

37th Year — No. 19

Privacy breach at college causes concern

By STEPH BAULK

Imagine if someone had access to your personal information. Imagine if someone you didn't know had your social insurance number, your address, birth date and phone number.

A privacy breach at the college was discovered when co-ordinators and some faculty members found they had full access to student and faculty information, including personal information.

The information was accessible for three weeks in late August after some staff and faculty were given additional access to a new Student Information System (SIS) that the college has been implementing over the past several months.

The new system was implemented in time to support the incoming students for the fall semester. All previous student records from the old student system and the continuing education systems were moved to the new system, so students currently enrolled would be in the new system as well.

The student information system is a database that stores student information from the day students start college to the day they finish.

Information held in the database includes marks, transcripts, courses, personal information such as addresses, phone numbers, SIN numbers and birth dates and financial information like financial aid and OSAP.

It was shortly after startup that co-ordinators and some faculty and staff for a period of approximately three weeks were given greater access than they normally would have.

Other faculty and staff members of the college were not made aware that this had happened until almost a month after the privacy breach had occurred.

Walter Boettger, president of OPSEU's Local 237, said co-ordinators and other staff members of the college felt uncomfortable having access to this additional information and made it known they wanted that access curtailed.

"I understand that the first concern was expressed on Aug. 23," said Boettger. "Sept. 19 was when we last met with management and they had resolved the issue to our satisfaction."

Boettger said under the Freedom of Privacy and Information Act, SIN numbers, addresses, etc. are considered private and personal and if you don't need it in your day-to-day duties, then you shouldn't have access to it.

"We're not sure how somebody

could use the information that was available," he said. "We are more concerned about getting that information removed from the database or having limitations put into place rather than thinking the worst."

Boettger said faculty information was available on the SIS because most faculty members have taken some courses at the college, and as a result, they would have been placed into that database.

"It was a student database, it was not the human resources server we had the problem with, it was the new SIS," he said. "The HR database is still intact, it's stand-alone and there was no problem there."

Boettger said if a faculty or staff member's identity has been stolen, there is a liability borne by the college.

"Sometimes it's very difficult if your identity is stolen to track the origins of it, so I don't know how something like that would be addressed," he said. "It could end up with the college being liable in these instances, but like I said, the tracking is very difficult."

Boettger said faculty and staff were not made aware of the problem until almost a month later after chief information officer, Richard Gibson, sent out an e-mail notifying them that a breach had occurred.

"I made a decision that it was best not to advertise that a breach had happened, because advertising would alert someone who wished to use it for untoward purposes and make it possible for them to do so," Boettger said.

He added he has worked with the college to resolve the problem.

"I wasn't going to criticize our members and portray them or speculate they were bad people," he said.

"So, I made the decision that we wouldn't communicate the issue to the faculty until after we had the problem resolved, just to limit the possibilities or risks."

Boettger said although faculty has been informed of the situation, he believes it's important for the college to make students aware of the situation.

"They are the company that takes in the information and is charged with keeping the information in a private manner," he said.

The union has been involved and they have worked with administration to resolve the problem, Boettger said, and in their opinion the issue has been addressed and resolved and it is behind them.

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(Photo by Jon Yaneff)

A winning team

Conestoga's golf team (from left) Adam Christie, Brandon Christo, coach Justin Smith, Scott Zettel, Jon Trottier, Josh Hunke and Josh Emrich won the St. Clair Invitational at Fox Glenn Golf and Country Club in Windsor Sept. 23. See Page 19 for story.

Students' Idol auditions have a twist

By TIM GEDCKE

Ryan Malcolm, Gary Beals and Kalan Porter are names we recognize after their appearances on Canadian Idol. On Sept. 30, 10 Conestoga students took the first step towards possible Canadian Idol fame by showcasing their singing talent in front of judges in an audition for CSI Idol in the Sanctuary.

When Canadians flip on the television to Canadian Idol, they see young people perform a song after much practise, and with the aid of music in the background.

However, CSI Idol participants did not have the luxury of anything to help them during their auditions. They sang the lyrics of a chosen song for two judges, who gave them feedback on their strengths and weaknesses in preparation for their performances on Tuesday, Oct. 4.

Without a karaoke machine to help them, two participants decided to use another device in their auditions. Eli Haveman, a first-year student in the general metal machinist program, and Adam Vellekoop, a first-year computer engineering student, brought their guitars with them in order to add a little flavour to their performance.

"I feel I can perform better with an instrument in my hands," said Haveman, who sang the song Crush by the Dave Mathews Band.

Vellekoop, who sang Wonder Wall by Oasis, said while it's nice to have the instrument there while performing, it's a toss-up as to whether it actually helps a great deal or not.

"When I play guitar and sing, sometimes my hands freeze up," he said.

Maher Albasel, CSI bar manager and events programmer, said that due to the number of people who signed up this year, there would be no cuts after the auditions, but everybody would make it to the performance rounds, which were held Tuesday, Oct. 4 and Thursday, Oct. 6 during lunchtime.

"Then we'll cut it down to a top three for semifinals and a top two for finals," he said.

Mike Dinning, vice-president of student affairs at Conestoga, said

that as a judge, his criteria is based on two things: talent and ability to sing.

"This is ultimately about singing and about being able to find people that are compelling," he said. "It's about finding people who you say 'I'd like to listen to them again.'"

Matt Ruiss, the other judge, said he is going to be judging the singer based on vocal skill, stage presence, originality and personality.

Continued on Page 2



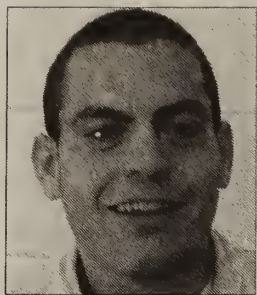
(Photo by Tim Gedcke)

CSI Idol judges Mike Dinning (left) and Matt Buiss (top) display some confident stage presence with event organizer Maher Albasel during a break from auditions on Sept. 30.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What would you do with your money if you won the lottery?

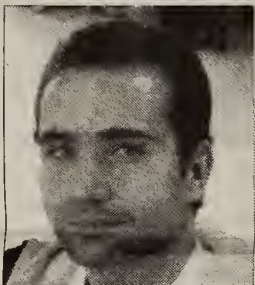


"I would buy a mansion in Portugal and have the biggest house party featuring Shaq, Snoop Dog and Alf."

*Derek Viveiros,
second-year law and security*



"I would buy a pony."
*Kim Durant,
first-year paramedics student*



"I'd buy an expensive car, H1, Hummer."
*Andrei Barbarosa,
first-year computer programmer analyst*



"I'd get a 1997 purple Dodge Viper."
*Anna Labocha,
first-year management studies*



"Pay off all my close friends' tuition."
*Morgan Latvanen,
first-year firefighter*



"I would buy a mountain, hollow it out and build a house inside."
*Hugh McLachlin,
first-year architectural engineering*



"I would pay off my mom's house."
*Monica Lundrigan,
first-year advertising*

Smile Conestoga, you could be our next respondent!

Privacy breach leads to review of practices

Continued from Page 1

Kevin Mullan, vice-president of finance and administration services, said the issue is primarily with the new student information system, which was a pretty large and complex undertaking.

"This was a fairly minor point of development of that system, which is what the systems people technically call a migration of data," he said.

"So they're migrating the data from the old system to the new system and really, the unfortunate thing that happened was it tucked part of the human resources information data and moved it into the student database," said Mullan.

Although the information was available to some college staff it was never available over the college website, he said, so nobody from outside the college could access any of the information.

"These were people who had to log on with a password to access the information," he said. "So there was limited access and it was restricted in the sense that the only people who could get in were the people supplied with the password."

He said the situation is totally different from when you have a situation where records are left out in an alley and anybody can access it, or in some cases, there has been a breach where a hard drive has been stolen from an insurance company for example.

"These were the people who are totally internal and had to log on and could be identified," he said. "So we would know anybody who went in to look at the data because they would have to log on with their password and our system would have tracked when they went in."

Mullan said the college definitely regrets that personal information was moved over but said fortunately, there was not an external availability.

"But at the same point in time, we also want to remind people that have access, because they needed it to do their jobs, that there is also a professional conduct expected by any of those people that the data is only used for the purpose of their job as required," he said.

"Nobody could anonymously go in and pull out information and use it for other purposes," he said. "Most of the information that was in there that has since been removed wouldn't allow you to create a fake person."

"It could end up with the college being liable in these instances, but like I said, the tracking is very difficult."

*Walter Boettger,
president of OPSEU's
Local 237*

He said people who had access to the system, and still have it where it's needed for the job, are people who work at the college full-time.

"The question I would ask myself, is if somebody is about to jeopardize a full-time, long-term job to apply for one false credit card," he said.

These are the people who deal with the confidential information on a regular basis, he said.

"It's not the same situation where somebody from the outside could come in or, let's say when you buy gas at a gas station and somebody keeps the receipt you've signed," he said. "It's not that type of situation. So the chances of this having been anywhere in public are very, very minimal."

Mullan said since the problem was noticed, the databases have

been restructured and all the data that was there has been eliminated.

"What we're going to do more as a preventative measure, is Richard Gibson, chief information officer, will be reviewing the issue again and also we're going to review our practices around use of information," he said.

Olaf Heinzl, Waterloo Regional Police Service public affairs coordinator, said any personal information which is not normally available, creates a higher risk if it does become available.

"It really depends who has access to it and what their capabilities are as far as using confidential information," he said. "If someone has no interest or no experience with taking confidential information and using it in another method or venue, then the information is useless to them. They have to know what to do with it."

Heinzl said the reason the information is confidential in the first place is because there are some privacy issues that have to be protected and people's security as well.

"If the information did not need to be confidential or in a secure area, it probably wouldn't be there," Heinzl said. "It puts people at a potentially higher risk if it falls into the wrong hands. People who don't have any ill will, will just ignore it anyways."

Heinzl said the police department constantly discourages people from giving anyone their personal information, especially SIN numbers.

"So SIN numbers are clearly a red flag, if that's available it can open up difficulties for a potential victim," he said. "However, for the average person, that information would probably be useless because they wouldn't know what to do with it anyways."

CSI Idol judges looking for talent, originality and an ability to sing

Continued from Page 1

"If someone's dressed in the theme of their song, that's brownie points right there," said the graduate of Conestoga's broadcasting program and fourth-place winner in last year's CSI Idol competition.

Ruiss said the reason he is helping as a judge this year is because CSI Idol is such a hard thing to do.

"It's difficult to stand up in front of your peers and let it all hang out, and give 110 per cent because if you don't, that's when you get cut," said Ruiss, who is now employed at 91.5 The Beat.

There were many different styles showcased by participants at the auditions, from the high-energy show of the Pharaoh song by first-year architecture construction engineering student Jason Maraschiello, to the low-tempo, country piece Friends In Low Places by Garth Brooks sung by

Jason Gillespie, a first-year civil engineering student.

Some participants have plenty of singing experience.

Duyga Ali, a second-year business management student, said she has sung before. "I thought it was a good opportunity to get more experience in performing," she said.

"It's difficult to stand up in front of your peers and let it all hang out and give 110 per cent because if you don't, that's when you get cut."

*Matt Ruiss,
CSI Idol judge*

Jennifer Campos, a first-year recreation and leisure student, said she enjoys singing, but wanted to

find out if other people enjoyed her singing. "I wanted to see if I could sing in front of a group of people."

Ali Chowdhary, who is taking his second year in the accounting business program, said he has already experienced CSI Idol. "I had fun trying out last year and wanted to try it again."

Albasel said he ran the competition this year because it's something to get students having a little bit of fun during lunchtime.

"It's just a fun event to showcase talent around the school," he said.

"There are people who have aspirations to be in the music business and this is a doorstep for them to get that feel of being on the stage in front of people."

The winner of CSI Idol advances on to a competition in Toronto where they compete against Idol winners from other schools.

There was no spitting at this career fair

By KRISTIN GRIFFERTY

The third annual Career Fair was once again a huge success, drawing thousands of students and alumni to RIM Park in Waterloo.

With a network of 192 employers, students and alumni from Conestoga and neighbouring universities attended the fair in hopes of finding future employment in their field of choice.

The range of employers included Canadian Security Intelligence Services, Abercrombie and Fitch, Expedia.ca and many more.

Students and alumni were treated to an abundance of free goodies, pamphlets and information on all employers, as well as hundreds of representatives who were happy and eager to answer all questions pertaining to their field of work.

Some employers were especially happy with the turnout, as it was a pleasant change from recent career events at other locations.

Bombardier Court Osborne has been with the Canadian Armed Forces for three years, and said that at this particular career fair, the number of college students at his booth was greater than university students, which was a pleasant change.

Osborne said that due to the recent events overseas in Iraq, there have been numerous occasions at other career fairs where the response has been negative.

"I got spat on at a career day at the University of Guelph," Osborne said. "I also know of

another girl who was stoned while walking across campus in her uniform."

According to Osborne, university students have been protesting the Canadian Armed Forces because of what is going on in the United States.

He also said he has been witness to other armed forces and police organizations that have been subject to the same treatment.

"There has been a great turnout here today."

*Const. Donna Smith-Stubbs,
Toronto police*

Const. Donna Smith-Stubbs has been with the Toronto Police for 18 years, and said her experiences at career fairs and events have all been positive.

"There has been a great turnout here today," said Smith-Stubbs. "I haven't had any bad experiences from students."

Her partner, Const. Suzanne Wilson, who was been with the Toronto Police for 15 years, said not only has she experienced a wide range of college and university students, but the ration of male to female is fairly equal.

Students at the Career Fair were able to explore many booths of a wide variety, and left the fair with free goods, new experiences and a network of possible future employers.



(Photos by Jon Yanoff)

Play ball

(Clockwise from top right) Alex Brubacher (middle right) goes for the ball in a 21-12 win over the Mohawk Mountaineers at Bill Struck Memorial Field in Cambridge on Oct. 1. Laura Hartwick takes a pitch in a 7-1 loss to Seneca College at the Doon campus on Sept. 29. Defenceman Derek Resendes (20) dekes by a Cambrian College player in a 4-1 victory at the Doon campus on Oct. 1.

Students on waiting list hit parking pass jackpot

By STEPH BAULK

If you are among one of the 750 students who are on the waiting list for a parking pass, the wait may finally be up.

John Tribe, security representative at the college, said security has begun calling people on the waiting list, telling them to pick up a permit, in the order their name appears on the list.

"We leave a message and we want people to call us back so we don't move ahead without giving them the opportunity to get a pass," said Tribe. "We call people early in the week and we expect them to answer or show up to buy the pass within that week. If they don't do it fairly expeditiously, they could lose that opportunity."

Tribe said security does parking lot counts and assesses the availability of spaces in the parking lots several times a day.

"We also count the number of people who are parked there with no permits, or in other words illegally parked, because that affects the number of spaces," he said. "Then we arrive at a figure for each lot that we feel we can safely sell so people can still park."

Tribe said by doing regular lot counts they have calculated they will be able to sell 550 new permits.

Tribe said although there were approximately 750 students on the waiting list, he expects the 550 per-

mits they are currently selling will satisfy those waiting.

"Not everyone we call will want the pass anymore," he said. "People may have started carpooling, they don't go to (Conestoga) anymore or they've had their car taken away."

The security representative said the passes are pro-rated at the Oct. 1 rate. This means students who are only now purchasing permits will not have to pay the full price.

"Even though we started selling them now we won't charge the full value of the permit because some of the value is gone," he said. "So we're calculating them for \$253, which is an eight per cent reduction."

Parking permits are only being sold to those who are on the waiting list. Students who want to exchange their pass for a different lot, or exchange a semi-annual pass for an annual pass, will not be able to do so.

CLARIFICATION

In the Oct. 3 edition of Spoke, incorrect information was given to the newspaper about the new Zymeta video juke box system in the Sanctuary.

Videos cost \$1 for two songs, not \$1 for three songs as was stated in the paper.

CONESTOGA COLLEGE JACKET DAY!

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OCTOBER 12, 2005

10:00 A.M. - 2:00 P.M.

LOCATION: DOON BOOKSTORE

Putting a new face on transplants

People who have had their faces burned or scarred in accidents, fires and violent attacks will soon have an option beyond skin grafts or merely living with their appearance. Doctors in Cleveland have gained approval to perform the world's first face transplant.

It may sound like something out of a science fiction movie or a TV makeover show gone terribly wrong, but doctors say it is a better option for patients. Instead of spending years having multiple surgeries to graft small sections of their own skin onto their face, they can undergo one operation to attach a new face onto their own.

To find an appropriate donor face, doctors match the tissue type, age, gender and skin colour of the recipient.

Candidates are currently being interviewed for the chance to be the first person to undergo the surgery, which, according to a Sept. 19 article at msnbc.com, will involve veins and arteries on either side of the face being connected from the donor's face to the recipient's.

Doctors are confident the patient will not look exactly like the donor, rather the new face will be moulded by the recipient's bone and muscle structure and will look like a combination of the donor face and the recipient's own face.

Since the operation has never been done before, many of the risks are unknown. But, as with any transplant, when it is complete the patient will have to take anti-rejection medication for the rest of his or her life so his or her immune system does not reject the tissue.

People have been donating organs and receiving organ transplants for years and there is no doubt it saves lives. Face transplants will be used to save the patient emotional and mental anguish, and perhaps give them back some of the confidence they lost when they were disfigured. It will also help with other problems they may have because of a disfigurement. They may have problems eating, breathing, going out in public, sight impairment or getting a good job because of discrimination.

As horrific as the idea of having someone else's face transplanted onto your own may be, it is difficult to judge whether or not it is right without knowing what it is like to be disfigured. No one can know for sure what they would do if they were in that situation.

The decision that will affect most people is whether or not to donate their face when they die.

Considering the other life-altering changes people make to their bodies every day, and the way these changes have been turned into entertainment through reality TV, a face transplant doesn't seem so surprising. TV executives are making millions of dollars because people wish to be more beautiful. Shows like *Extreme Makeover* change the candidate's face, body and hair drastically — all in the name of vanity. Many of those people haven't been burned or scarred. They're just suffering from a big nose, thin lips or flabby thighs.

If a person whose face was disfigured in an accident wants to take advantage of a new medical treatment that may improve their quality of life, they have a right to try it. It's their decision to make.

In the end, the decision to donate is in the hands of people who sign their donor cards. In a few years, you might have the option to check off kidney, eyes, skin, bone marrow, heart ... and face. And that's your decision to make.

The decision that will affect most people is whether or not to donate their face when they die.



Locals try to keep journalism students under wraps.

Don't hide behind lip gloss

Every morning it's the same thing. I wake up, shower, do my hair and finally and most importantly, I put on my makeup.

I know that sounds vain, but for many girls it's the same routine. We just can't seem to go anywhere without our makeup.

Most girls have one makeup accessory they can't live without. I have two.

My Revlon Super Lustrous lip gloss, in Pink Afterglow, and my Annabelle Magnifeye mascara, in Very Black.

It's silly, I know it is, but applying these two things to my face is a necessary part of my day.

I finish doing my hair, I reach for that magic little wand and I brush it over my eyelashes. Abracadabra.

My lashes are long, dark and have that perfect curl. I love it.

As I leave the house and drive to my destination spot I put on my lip gloss. Voila.

I look in the rearview mirror and



Steph Baulk

Opinion

I see my lips. They look shiny, plump and have that nice pinky tinge I like.

Some days I think that maybe I'll go without the makeup. I'll go for the au naturel look.

However, as I go to walk out the door, I stop. I run back in the house and grab my mascara like a drug addict looking for a quick fix. It's ridiculous.

Now don't get me wrong. I have left my house without any makeup on at all, but when I do, I always feel uncomfortable and incomplete in some way.

Nobody has ever told me I look any different without the makeup on. Maybe they're just being polite and

don't want to hurt my feelings. Or maybe it's because most girls don't look all that different without it.

I know we all have something we don't like about ourselves. I have several things, and makeup is a way to cover them up.

But I think it's important to remember we are our own worst critics and no one is judging you as much as you judge yourself.

Makeup is no magic wonder of the world. It's something to hide behind when you don't feel that great about yourself.

Make some magic of your own by feeling great about yourself without the blush, the mascara or the lipstick.

I'm not quite there yet. I still need that wand to brush over my lashes, but I admire the girls that don't.

One day I hope to be one of them. I also hope more ladies will follow and realize you are all beautiful the way you are.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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CSI nee

In the Oct. 3 edition reported that a 12-year-old attended Conestoga Student Union (CSI) Toga Party, Sept. 2, with her older sister. The signs for the party said it was for 18 and over.

It's important to know that to CSI, legally, the young woman, Susan, may have been 18. She didn't attend the party but, in my opinion anyway, she shouldn't have been there.

From the conversations I've had, some people disagree.

The argument made is Susan's older sister should have known not to bring her. Anyone who's been to a college party would know that.

I dispel that argument by saying her older sister, Amanda, had never been to a college party before that night, considering she's only been in college a month.

She said since posters advertised the party as an all ages event she believed her younger sister could come but also that older students were allowed to bring their children.

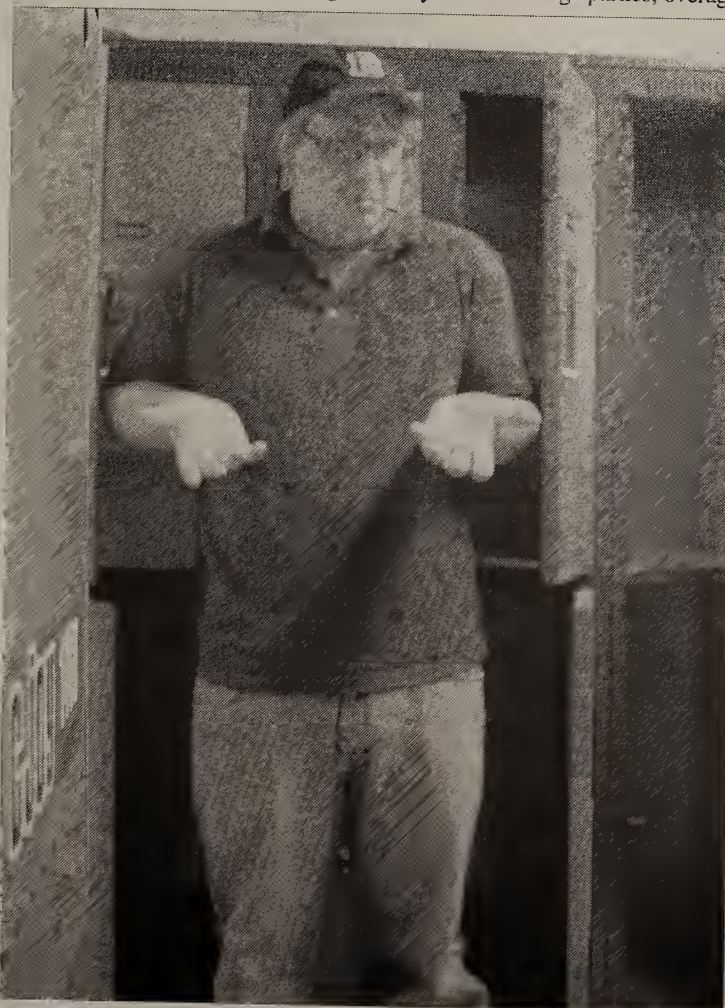
It would be false advertising if the poster said all ages and then they turned away someone at the door because he or she was too young.

And she's right.

With younger students attending the college because of the removal of OAC, CSI made adjustments from last year in an attempt to cater to underage students who, rightfully so, felt they should be allowed to attend all of the events.

But the problem with an all ages event is anyone can show up.

There's always the chance an intoxicated student might buy a drink for a child, not knowing the person was a child, or not caring.



(Photo by Brandon Walker)

Tired of carrying all of your books with you everywhere? According to Vanda Kelly, the manager of academic and campus administration, more than 2,600 of the college's 5,000 lockers are not being used. You can register for one through Conestoga College's website. Jeremy Yaksich, a third-year broadcasting student pictured above, said he doesn't use a locker because he lives across the street from the college.

Underage partying rules

parties and even underage parties.

What they've found works best is keeping the underage students in one part of the bar and the underage students in another. Underage students get a bracelet and an "X" marked on both of their wrists.

Underage students at the University of Waterloo, on the other hand, have to sign a contract at the beginning of the year stating they won't consume alcohol at school events until they're 19 years old or older.

One night a week underage students can attend a bar and mingle with older students. To get in, underage students have to leave their student card at the door.

Worse things could happen to an underage student than drinking beer.

When underage students leave they must pick up their student cards. If students seem drunk or don't pick it up they can be suspended from any licensed parties or events until they turn 20 years old.

Neither of the universities let a non-student under 19 years old attend their events for safety's sake.

Both of the schools have a sign-in policy but the person signing in must be with someone from the university and over 19 years.

Both schools deal with underage students in a responsible manner.

I think CSI needs to make some adjustments to their parties and events.

Maybe when the new student centre opens it should be used to hold events for students who are 19 years old or older and on the same night the Sanctuary can hold events for students who are younger than 19 but old enough to be in college.

Either way, in my opinion, for safety's sake, no children should be allowed at college events where beer and mixed drinks are served.

Until the new student centre is built CSI has to be more restrictive than what their liquor licence allows. They need to stop kids from attending their events.

If things stay the way they are and CSI allows everyone to come to their college events, students need to know that, if only to watch out for children.

Efficient public transit serves me not

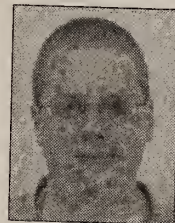
May the heavens bless the public transit system, for I certainly won't. Then again, I'm not satisfied if I don't have anything to complain about. My beef, this time, is about Grand River Transit's new iXpress route. Implemented just in time for the new school year, the thoughts behind this new route is to swiftly and efficiently connect those in the region who rely on public transit as a mode of transportation.

I'll be blunt; I don't like this new express route. I will agree that the route is well designed and certainly provides good and efficient service to the region, but it really doesn't help me much. I'm sure most students and staff at Conestoga College would agree that time is a precious commodity. As a third-year journalism student with a part-time job, time isn't something I have much of.

What ruffles my feathers the most is that the iXpress replaced the 101 express bus, which I found worked for me. Living out by the University of Waterloo, it's quite the hike to get all the way to the college. I'd just take a bus out to the university and hop on the 101 express. Simple as that. Two buses, an hour and a half one way. The kicker was that the 101 connected well with the other buses I had to take. The most I had to wait was five minutes to catch the next bus.

On the other hand, this new iXpress has made my life a little more difficult. I find that it doesn't connect as well as it should.

Going out to the college isn't half as bad. I take the 13 Laurelwood to UW, wait about 10 minutes, get on



Jason Sonser

Opinion

the express and get to Fairview Mall in about half an hour and grab the 10 to the college (which is an extra half-hour ride). If I'm really lucky, I may get the 110 Conestoga College express, which takes half the time as the regular 10 does. At most, I spend about an hour and 45 minutes to get to school.

Getting home is a nightmare for me, though. With my luck being as it is, the iXpress gets to the university roughly five minutes after the Laurelwood bus leaves. In the afternoon, the 13 route gets to the university every half hour. This gives me 25 more minutes of waiting times, bumping my riding time to two hours on the way home!

Get my drift? With this new iXpress in place, I spend shy of four hours on the bus each day during the week.

I'll give Grand River Transit a break, though. I realize they are a public service. As a public service, they have to do what's right to serve the whole community.

As just one person, I know it's selfish to bicker and complain about something that the whole community shares. Their workers put up with a lot of bull, too.

So, I say again; may the heavens bless the public transit system. Just not the iXpress.



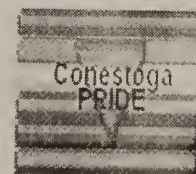
(Photo by Steph Bauk)

Students can spend two hours or more going to and from school.

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Book expensive? Money tight? Need groceries and spare cash? Full training, no experience necessary. Flex scheduling. Create your own hours. Morn./After./Even./Weekends. Full or part-time available. Call & start today. Guelph office (519) 341-0944. Cambridge office (519) 624-4460.



Conestoga Pride

Next MEETING

TUESDAY OCTOBER 11

4:30-5:30

ROOM 3E01

Discussion with Movie and Social to follow

We offer a safe and friendly environment in which to connect with other GLBT students.

For further information contact: fox20_@hotmail.com

Free money for selecte nts

By DENISE MULLER

As a student, you can always use some extra cash.

Conestoga College and the OSAP office are willing to make that happen.

The Conestoga College Student Assistance Fund (CCSAF) is a bursary available to most Conestoga students, based on their financial need.

Paul Matresky, manager of financial aid and student awards, said the money comes from tuition fee increases and the college is required to put 30 per cent of those increases into a fund that is then returned to students in a variety of ways.

"Basically, the college has a pot of money that's there and decisions are made as to how much is going to go into the bursary fund," he said.

Because tuition for the micro-computer business software program, international and apprenticeship students is set up differently, these students are not eligible for the bursary.

If students who apply are found to have a financial need, they will receive a cheque 10 days after the start of the January semester from the bursary fund.

Students must be enrolled at the college and continue to be enrolled in January to receive the bursary. They must also have proof of citizenship or residency within the Ontario for the last 12 consecutive

months.

Matresky said the OSAP office uses, what he calls, a blind scoring system to evaluate students' applications.

The office looks at how students answer the questions on the form, and then gives them a certain number of points for each answer.

"In the end, the points would equate to a dollar value," he said. "So, if you scored 15 points, then maybe you'd get \$500, for example."

Matresky said those are not the exact figures, and the real dollar value is still very relative at this point, since it depends on how many students apply, and of those students, how many are found to have financial need. All students who are found to have a need will get a bursary.

If you have outstanding tuition payments, and you are awarded a bursary, the money will go directly towards your tuition payments. Otherwise, a cheque will be waiting for you in the OSAP office, which can be picked up with proper identification. Cheques will only be held for seven to eight business days, before they are sent out to the applicant's address.

He added that cheques for more than \$500 are taxable, but said, "For most students it probably isn't an issue because most students get the education tax credit and tuition is tax deductible."

Matresky said although the office assesses the applications fairly lib-

erally, it does have guidelines for how much a student should be spending in a month.

"So, if we think it should be \$300 per month you should be spending on food, and you put \$900 per month down, we're likely going to come back and question you on that."

He also underlined the fact that the student must have a financial need to qualify for the bursary. If a student's resources are greater than their costs, then they have no need and do not qualify.

"But, with most students, their costs are generally higher than their resources," he said.

Matresky said usually around 1,000 students apply, and 700 to 800 cheques are awarded.

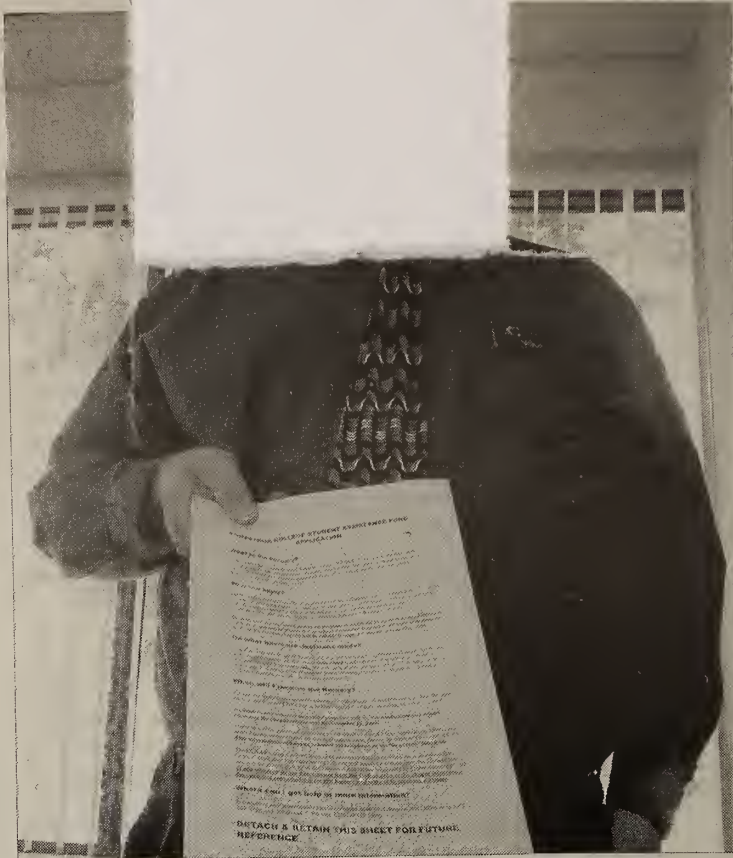
In past years, cheques have been as high as \$1,200 and as low as \$100 to \$200.

There is also an urgent need bursary available for students who have had some kind of a financial crisis, and need some extra money sooner rather than later. The form is the same.

"So, say you come in, for example, and said 'this has happened to me and as a result I had to dip into this and now I can't pay my rent for December.' Then we would flow the money to them earlier because they have an urgent need," he said.

There is some additional documentation required, and the application would undergo greater scrutiny.

But, if a student accesses the



(Photo by Denise Muller)

The Conestoga College Student Assistance Fund is a bursary for students enrolled at Conestoga. The form is available at the OSAP office and must be completed and returned by Oct. 28.

urgent need fund, he or she cannot access the CCSAF as well, or the other way around. It's either, or.

Bursary forms are available at the OSAP office, Student Services,

Conestoga Students Inc. office, all campuses, and can even be printed off online.

The application deadline is Oct. 28.

CSI focused on improving service

They hope extended hours will lead to more students

By JANET MORRIS

Conestoga Students Inc.'s (CSI) business hours have expanded by five to better serve students.

The information desk in the student office, formerly known as the director's office, located in the Sanctuary, will now be open from 10 a.m. to 3 p.m., Monday to Friday.

The increase was approved at the CSI board meeting held on Sept. 28.

Justin Falconer, president of CSI, said in an e-mail that hours were extended to offer an improved service to students.

"We have simply made service a greater priority for students who have questions while they are in and around the Sanctuary," he said.

A schedule will be established to ensure there is always at least one staff member available to help students.

Falconer said the five-hour block across five days is shared amongst nine executive and student directors.

"This means that if we share (the time) equally it accounts to less

than three hours per week per person," said Falconer.

Currently each student director is required to work a minimum of five hours per week for CSI.

**"We have simply made
service for students who
have questions..."**

*Justin Falconer,
CSI president*

Directors will also begin to solicit feedback from students and maintain journals that will include the details of any feedback received to be shared with the rest of the board.

Falconer said CSI expects an improved and transparent process for the board as a whole to hear the opinions and concerns of students.

"Students may tell one director their opinion or concern, however, they will not seek out all 12 directors," he said, "This enables all directors to know more about student dialogues as it is recorded in the director's journal."

COUNSELLOR'S CORNER: *Public Speaking Anxiety*

Do you do any of the following?

- Feel extreme anxiety when thinking about doing a presentation.
- Find your palms sweat, your legs shake or your heart beats wildly before, during or after a speech.
- Find your thoughts race and your mind blanks before or during a presentation.
- Select your program/course/assignments to be "safe" from having to make a speech.
- Risk low marks or failure in a course by not doing a speech.
- Develop creative excuses or illnesses (that feel real at the time) to avoid doing presentations.
- Let others in your group "carry" the presentation.
- Fear "making a fool of yourself" in front of teachers or peers.
- Believe everyone is fairly calm but see yourself as a "wreck."

These are some signs you may be experiencing one of the most common anxieties: public speaking anxiety. It can be overcome using a planful approach involving: 1) recognizing and altering negative thoughts; 2) relaxation and positive mental rehearsal techniques; and 3) practicing in low-risk situations and then in situations with graduated levels of risk.

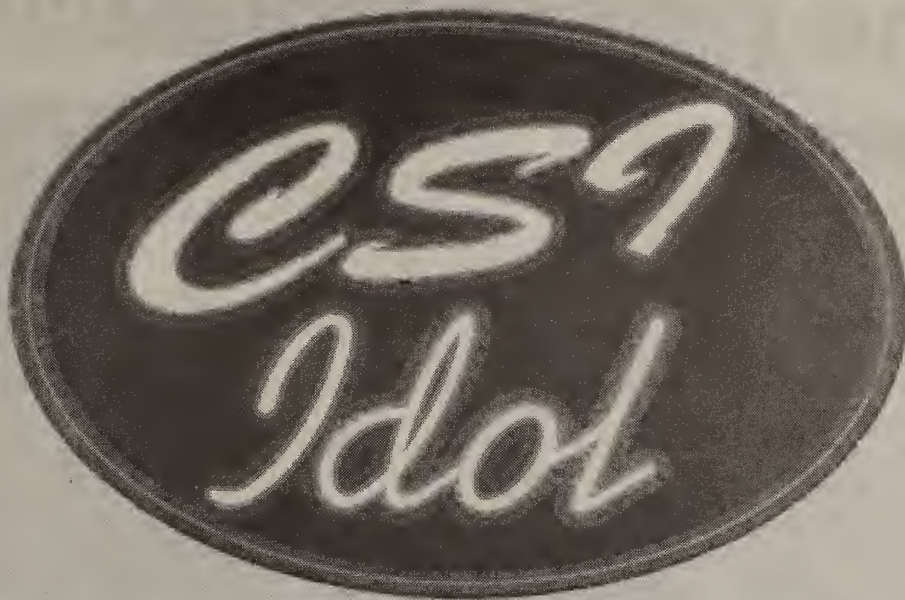
If your course work, your well being, or your potential to perform as an employee are affected, it is time to do something about it. Remember, avoidance actually increases anxiety!

The following resources are available to you at the college:

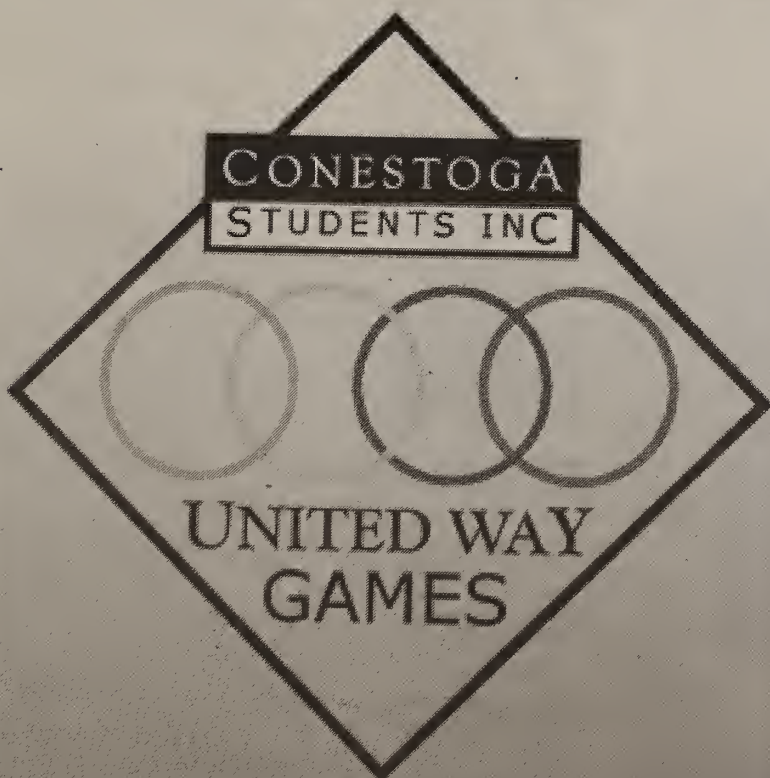
- 1) Inquire about a Public Speaking Anxiety group in the Student Services Office.
- 2) Enroll in the Public Speaking option of the Anxiety and Personal Performance course (offered as an elective in the Winter semester).
- 3) Read the *Anxiety and Phobia Workbook*, Bourne (available at the LRC on the shelf and on reserve). This approach must be supplemented with practice in front of friends, family or classmates.
- 4) Make an appointment with a counsellor in Student Services.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>



SEMI FINALS - TUESDAY
FINALS - THURSDAY
SANCTUARY 11:30-12:30
"WATCH, LAUGH, CRY"



**COMING
SOON!**

**COWBOYS &
COWGIRLS**

How many of ya'll
would be interested in
a Country night in
the **SANCTUARY?**

E - mail

listen@conestogac.on.ca

Intersection needs crosswalk

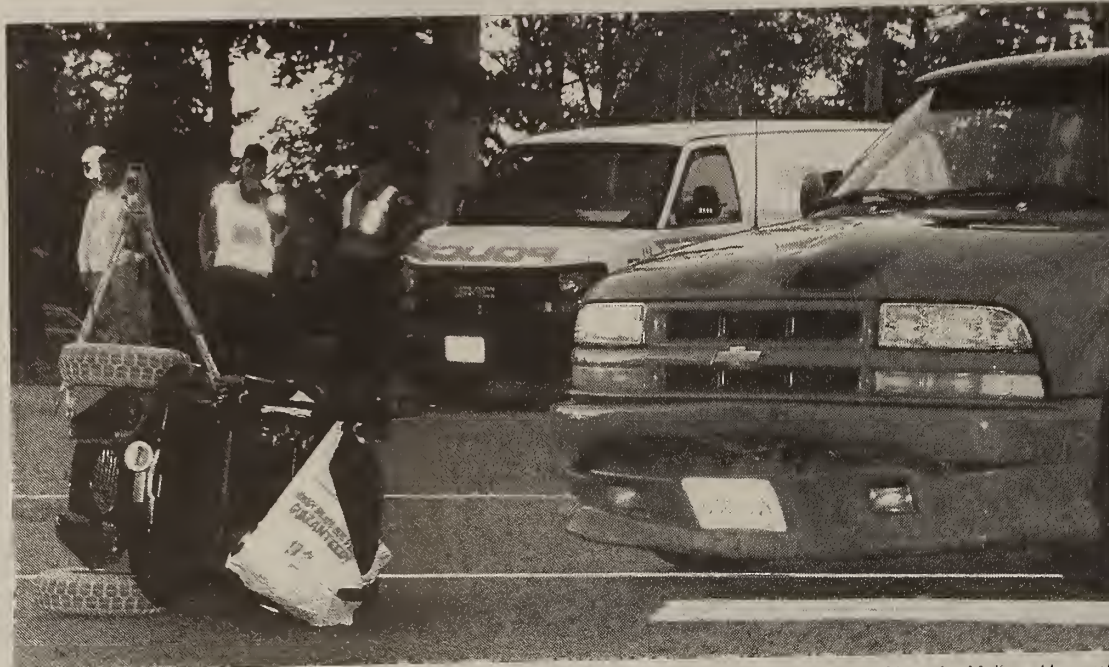
By MELISSA HANCOCK

Residents at a retirement home in Cambridge are hoping a new set of lights or a crosswalk will be considered after a crash in the early evening of Oct. 1.

Riverview Terrace, the retirement home at 650 Eagle St. N., is home to Wilth Closs, an elderly man who was hit while crossing the road on his electric wheelchair by a small pick-up truck making a left-hand turn.

He died later in hospital.

Police say alcohol and speed were not factors in the crash. The driver of the pick-up truck was driving west, directly into the setting sun, which would have made it difficult to see the road, but police say it has not been determined whether it was a contributing factor in the accident.



(Photo by Melissa Hancock)

Residents of Riverview Terrace say two attempts have been to get lights or a crosswalk installed at the intersection of Eagle and Laurel streets in Cambridge. They were turned down both times. A resident of the retirement home was hit after trying to cross the road Oct. 1. He died later in hospital.

passengers in the pick-up truck.

Olaf Heinzl, public affairs co-ordinator for the Waterloo Regional Police Service, said the driver of the pick-up truck was released from hospital without injuries.

Bob Hartick, 73, a resident at the retirement home, said Closs had Lou Gehrig's disease which is why he was in the wheelchair.

He also said he doesn't know why better safety precautions aren't taken to ensure the safety of

pedestrians and drivers.

"With all the seniors' buildings you would think there should be a crosswalk or set of lights," he said.

Robert Ball, 80, also a resident at the home, said in the seven years he's lived there, this was the first accident he's seen on the corner outside the home.

"It's been overdue," he said.

Ball said he, along with other residents and neighbours in the surrounding area, including a nursing

home less than a block away from the retirement home, have tried twice to get the city to put up a set of lights or a crosswalk, but were turned down both times. He said it's a "shame," but added he's sure this incident will finally be the reason for the town to install a crosswalk system.

"We need one here bad," Ball said. "It's a busy street here and it's a hard way to get (a crosswalk), but it was bound to happen."

Part-Time & Seasonal Job Fair!

October 19, 2005

10:00 a.m. – 1:00 p.m.

E-Wing Main Foyer



Job Fair Preparation Tips:

- Pick up an Employer Guide and research businesses attending
- Have your Résumé and Cover Letter critiqued
- Dress for success to make a great first impression
- Network on your own instead of in groups

CAREER SERVICES
SCSB - ROOM 220
748-5220 ext. 3750

<http://www.conestoga.on.ca/stserv/career/index.html>

College's website gets new addition

By MIKE BORS

Conestoga College has a new website designed to inform students about degree completion opportunities.

The site was developed after program co-ordinators and college counsellors, through student forums, pointed out a gap in communication between students and the choices available to them after their time at Conestoga.

It is considered a joint venture between student development at the college and academics.

The project started over a year ago with meetings around articulation agreements, which are agreements between Conestoga and universities which state how many credits will be awarded by a university for a college diploma.

The site was developed based on the articulation agreements as well as other things that could make the process easier for students looking to complete a degree.

Details such as how many more courses a student would need or specific courses or how long it would take to complete the courses were among things Catherine Koch, associate VP for the school of liberal arts and media studies and academic services, said her and her collaborators felt needed to be on the site.

"Getting those details known, sharing, is what it's all about," she said. "I'm anxious to see how well the students are using it, does it meet their needs or is there anything else we could do?"

Jenn Meksula, a counsellor in Student Services and collaborative leader of the degree completion site, said she wanted to put the articulation agreements into student friendly language.

"I wanted to have as much information as I could available to students, but also make it specific and concrete," she said.

"I wanted to make sure students were using their time in a valuable way."

Meksula said she also wanted prospective Conestoga students to know exactly what they could do as far as degree completion goes, simply by going to the site.

"I would put this as the best site in the entire college," said Carol Gregory, director of student development. "It's very thorough and very user friendly."

A link on the college's home page takes students to the degree completion site. Once there, students will have seven areas of information to choose from.

**RECOGNIZE
THE SIGNS
OF STROKE
WHEN
YOU
SEE
THEM.**

✓ VISION PROBLEMS

Sudden loss of vision, particularly in one eye or double vision

✓ HEADACHES

Sudden, severe and unusual headaches

✓ WEAKNESS

Sudden weakness, numbness and/or tingling in the face, arm or leg

✓ TROUBLE SPEAKING

Temporary loss of speech or trouble understanding speech

✓ DIZZINESS

Unsteadiness or sudden falls, especially with any of the above signs



Seek immediate medical attention if you have any of these symptoms.

Women's group spreads anti-violence message

By TIFFANY MCCORMICK

The Women's Resource Group held its first meeting Sept. 30 to discuss financial updates, upcoming events and new ideas regarding group activities.

The financial assistance the group receives will not change this year, members were told. The group is connected with the school's health and safety department which is funded by the Ministry of Training, Colleges and Universities.

Joan Magazine, the group's president and a Student Services' counsellor, said they get a small portion of that larger grant, about \$3,000.

However, in order for the group to receive that money they must promote anti-violence which is what the majority of their campaigns are about.

"We can do whatever else we please," Magazine said, adding that money used for events such as their annual dinner is generated through fundraising.

"We don't use government money to buy our food."

The group, now in its 11th year, holds various activities including a writing contests and poster contests and brings in guest speakers, all promoting female independence, self-esteem and anti-violence.

lence.

Annually on Dec. 6 the group promotes an activity in remembrance of the 14 women killed by Marc Lepine at the University of Montreal's École Polytechnique in 1989.

"We try to do something to promote anti-violence to remember that event," Magazine said.

Other items of discussion were the possibility of a Women's Resource Centre, an Alumni Hall of Fame, a Legends and Leaders breakfast, creating a web page on the school's website and student involvement within the group.

"We'd love to have students on the committee," Magazine said.

She added that although students are more than welcome to attend, there is always a concern with whether they will show up.

Joy Tomasevic, a learning strategist for Student Services, said she has made previous presentations at student residence but said the numbers were not always the best. "Attendance is always an issue," she said.

More information on the Women's Resource Group can be found on the system's scratch file K:\Full Time\JuliaB.

The next meeting is scheduled for Oct. 21 in the cafeteria. All are welcome to attend.



(Photo by Tiffany McCormick)

Members of the Women's Resource Group met to discuss their upcoming activities. Members include from left: Leanne Holland Brown, student life co-ordinator; Julia Biedermann, chair of engineering and information technology; Joy Tomasevic, learning strategist; Monica Himmelman, with the annual fund and alumni services; Barb Kraller, Student Services co-ordinator; Joan Magazine, Student Services counsellor, and Maureen Murphy-Fricker, a liberal and media studies faculty member.

Woman to woman: presentation provides women with useful advice

By TOM KALBFLEISCH

Female students in the technology and trades programs at the college who attended a Women in Technology and Trades (W.I.T.T) presentation received excellent advice from other women who have successfully met the challenges of the workplace.

About 36 students attended the hour-long presentation held on Sept. 28 and in addition to receiving great advice, they got to meet other

female students in their program and ask the presenters questions.

The guest speakers, who each gave five-minute presentations about their life as a female in the world of technology and trades, included Nicole LeClair, a welding tech graduate, Pam Bunker, an architecture-construction engineering technology graduate, Jodi Norris, a civil graduate, and Philomena Bonis, a teacher and aspiring astronaut.

"My goal is to see the Earth with

my own eyes," said Bonis, a Grade 7-8 teacher at Queensmount Public School in Kitchener. "It doesn't matter what I have to do to get there, but that is my goal."

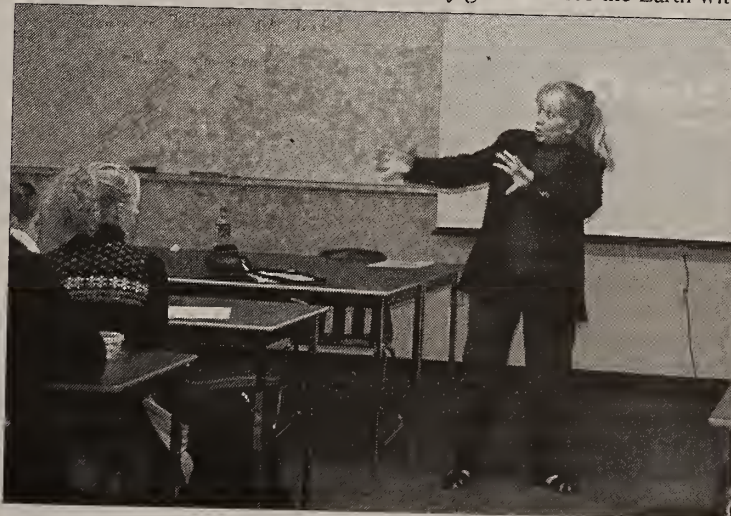
Bonis applied to NASA for a job as a space education specialist. Her application was accepted but, because she's not an American citizen, she did not get the job.

"It's one of many things on my list of accomplishments," said Bonis. "I was still very pleased to at least have my application accepted."

After the presenters finished their five-minute presentations, students had time to walk around and converse with each other, the presenters or staff.

The event was organized by Julia Biedermann, the chair of engineering and information technology. Other organizers included Shawna Bernard, a member of Student Services, and Jane Carr, a professor in technology.

W.I.T.T. usually holds only one presentation a year, but, if female technology and trades students would like another opportunity to be able to see each other outside the classroom and get advice from women who have met the challenge of the workplace, then a second presentation may be held sometime in the next term.



(Photo by Tom Kalbfleisch)

Jane Carr, a technology professor, shows her enthusiasm at the Women in Technology and Trades meeting on Sept. 28.

CSI offers students a helping hand

Free services include scanning, photocopying, laminating, binding and printing overheads

By JANET MORRIS

Need to laminate your presentation? Bind your report for submission? Make some overheads for an upcoming seminar?

If you are a student and your project is school related, Conestoga Students Inc. (CSI) can help.

Take a stroll down to Room 1B21 and check out the many free services CSI offers in their free-service area.

Students can enjoy scanning, colour printing and photocopying, laminating, binding and printing overheads in both colour and black and white.

Students can also use the fax machine for incoming and outgoing faxes at no charge.

Janie Renwick, CSI office manager, said black and white

photocopying is 15 cents per copy.

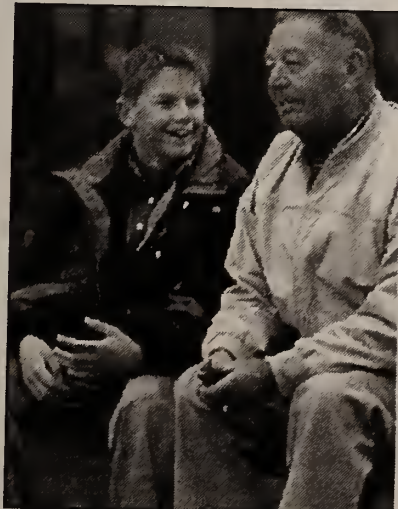
"The reason we don't offer black and white for free is because students would come down and copy textbooks," she said, "and we'd go broke."

Renwick said the response to the free services has been overwhelming since they were introduced last year.

"We thought since the beginning of September that things would slow down a bit and last week we had a minimum of 300 students per day come through," she said.

In case students need help while using the services there is always a staff member around to assist them.

CSI is looking to expand services to include selling bus tickets in January if not sooner.



Last year, a new pacemaker implant saved Max's life.

Now he can spend more time with his grandfather.



Please give to the Heart and Stroke Foundation.

A good heart and a great attitude

By PAIGE HILTON

J.D. Coldham wants you to sign your organ donor card. And he has a good reason why.

The 19-year-old athlete is dedicated to spreading the message about organ donation after a new heart saved his life two years ago.

It all started when J.D., now a first-year police foundations student at Conestoga, was 15 years old. He was diagnosed with left ventricular cardiomyopathy, meaning his heart was bigger than it should have been.

"Up until the day I (had the transplant) I didn't take it seriously. Even when they told me to stop playing sports I finished (the season) off," J.D. said.

But it was serious, and J.D. eventually quit playing sports because he was getting too tired too quickly. He said he kept going to parties and attending school, and his heart condition was still not a big worry to him.

When he was 17 J.D. was admitted to the London Health Sciences Centre and he was put on the waiting list for a heart transplant.

After only three weeks on the list, J.D. was given the news: a donor heart had been found.

J.D.'s transplant recipient co-ordinator, Grant Fisher, said he considers three weeks a very short period of time.

"The average wait time for receiving a heart is between six months and one year for most people on our list," said Fisher, who works in the multi-organ transplant program at London's Health Sciences Centre. "There are cases where people are transplanted quickly and this usually occurs when the person is very ill and waiting in hospital for their transplant. This was J.D.'s case, as he was quite sick with his heart failure."

Going into the surgery, J.D. said the information the doctors gave him took some of the pressure off.

"They were really professional about it. They told me the pre-transplant and post-transplant pros and cons," he said. "After meeting the doctors, they seemed like really great people and they knew what they were doing. I put a lot of trust in them."

Fisher said J.D. made it clear the transplant was going to succeed.

"He was going to get through the surgery and nothing was going to

stop him. He would always tell us that everything was great even if he was in pain, so we would make him get up and walk or make him laugh in order to see if he was telling the truth," he said. "The thing was, he would do it just to prove to us that he was going to get out of hospital as soon as he could. J.D. was both positive in his attitude as well as a very determined young man."

"Everyone was very supportive; I made lots of friends at the hospital and at St. Joseph's. After the surgery I was ready to get up and go, as much as I wanted to stay there, because it was fun there," he said. "My mindset right after the transplant was to get up and start rehabilitating myself so I can get home, see my friends and get back to school. That was my goal for the

organ donation and sign their donor cards.

He was nervous at his first speaking engagement, but now loves to attend the events, including speaking to groups of organ donors and their families to thank them for donating.

"It was very scary, getting on stage and talking to everyone. But I've gotten used to it. It's always really great to see the people that I've

moments that really stands out."

J.D. pointed out organ donation can sometimes be grim, that it's hard to accept having your organs taken out of your body when you die. But he said people have to consider the other side, that with their organs they could save lives.

According to healthyontario.com, one person can save up to eight lives with organ donation and 50 lives with tissue donation.

"You have to put yourself in the position of someone who needs to receive an organ," J.D. said. "And you shouldn't always assume the worst, but there's always an in case factor, in case something happens to you. Maybe you'll live until you're 80 or 90, but you should still sign your donor card."

J.D.'s own personal experience is backed up with a plethora of facts.

"There are thousands of people waiting for transplants in Canada, and without donors, these people will not be able to lead the lives they want to and many will die," Fisher said. "J.D.'s story is an example of what can be accomplished with transplantation. This is why it is not only important to sign your donor card but to talk to your family about your wishes to donate. Even with a signed donor card, a person's family must give consent to donate organs. That is why it is so important to talk about it."

J.D. said in his experience the good things arising from his transplant outweigh the bad.

"I have so many new friends who I'm still close to and I still have the same friends as before the transplant. If I had to go through it again, I might," he said.

Eventually J.D. will need another new heart, but even that doesn't seem to bother him.

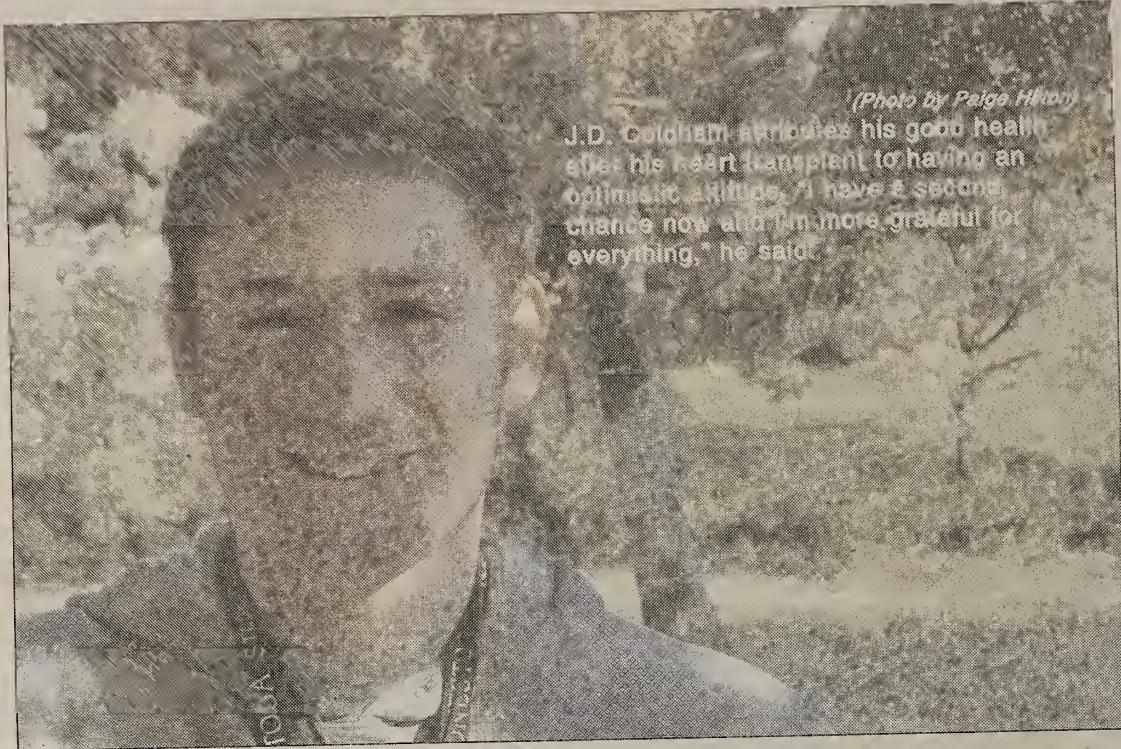
"I look at the brighter side, like maybe next time they'll have a machine they can put in me and I'll never have to get another (transplant) again," J.D. said confidently. "You can't get really angry. I think your state of mind has a lot to do with your recovery."

J.D. is now looking ahead. He has the same concerns as any college freshman. J.D. said his roommate is a great guy and he's bogged down with homework.

Like any concerned mom, Janine said she worries about J.D.'s safety, but admits as a police officer he can help others.

The bottom line is people need to sign their donor cards, J.D. said, and having an optimistic attitude is crucial to living a good life, even when a person gets sick.

"If you're ever on the down side and you feel like you're alone, you have to look at the positive side," he said. "Don't beat yourself up if you ever get sick."



(Photo by Paige Hilton)
J.D. Coldham attributes his good health after his heart transplant to having an optimistic attitude. "I have a second chance now and I'm more grateful for everything," he said.

J.D.'s parents, Dave and Janine Coldham, were also with him through the whole ordeal. Janine said she felt a sense of calm during the transplant because J.D. wanted it and wanted to get back to his life.

"Dave was very nervous and pacing and worrying. Somehow I knew things were going to be fine after the transplant, seeing J.D. in the ICU with a pink colour to his skin. The ashen grey had disappeared," said Janine. "As time passed after the transplant, Dave started to feel more at ease. We supported each other before and after the operation. J.D. has the best attitude."

The surgery was July 3, 2003 and J.D. was back to school in Tillsonburg that fall, only missing about a month of his Grade 12 year.

"After the transplant they stress on you to get back to what you used to be like before you got sick, that's your main goal, to just keep on going and live how you were before," said J.D.

He said Mount St. Joseph's in London, where he recuperated for three months after the transplant, became like a second home.

next few months."

J.D. formed a special bond with Grant Fisher, and said joking around at the hospital made the situation a lot easier to deal with, and kept his already high spirits up.

"We'd get going and would be laughing like crazy just egging each other on. It's a great relationship. That's part of the reason I had such a good attitude, because the doctors and surgeons and everyone in the clinic had such optimistic attitudes," J.D. said.

As serious as the topic of organ donation can be, J.D. laughed as he repeated some of the jokes he and Fisher shared.

"I've got a girl's heart; I'll know what women want now. I'll start acting like a woman. I was 17 and I've got a 40-year-old's heart and I'll probably die in 30 years. It was hilarious," J.D. said, adding it's just something you have to laugh at.

Being in a hospital didn't stop J.D. from horsing around.

"Grant had an old picture of himself with a 1970s moustache and long hair, and I took it one day, went to Black's and got it copied and started putting his picture up all over the doors in the transplant clinic."

Now J.D. is on a mission to help others. The young man who said he didn't know anything about organ donation before he got sick now talks frequently at schools, churches and has had numerous articles written about him. He wants as many people as possible to be aware of

become close with through the hospital. A lot of people who have had transplants go to the events, and a lot of the nurses and doctors go. It's just a really great time to see them, I thank them every time I see them," he said.

J.D.'s story can be considered a success. He has to watch what he eats, and he will take immuno-suppressants for the rest of his life so his body doesn't reject his heart. But he's back doing what he loves, playing sports and hanging out with his friends. He said his life hasn't changed much in that regard, but he does have a new perspective.

"I have a second chance now and I'm more grateful for everything."

J.D.'s father has his own way of getting the word out about organ donation, through his job at a Tillsonburg radio station.

"Working at the radio station was a huge catalyst for myself, J.D. and the organ donation program," said Dave. "It gave me the opportunity to tell my listeners how much the transplant organization had advanced, how well J.D. was progressing and why we all should be donors."

Dave said he found his message was reaching a huge audience. When Dave got on the air with a clip to update listeners on J.D.'s heart transplant, the reaction was immediate.

"The moment the first news clip hit the airwaves on the 12 o'clock news, the horns started blowing from passing cars out in front of (our) house. That's one of the

About Organ Donation

For a printable organ donor card visit the Trillium Gift of Life Network at <http://giftoflife.on.ca>

You can donate your heart, liver, kidneys, pancreas, lungs, stomach, corneas, small bowel, heart valves, bone marrow and skin. The oldest Canadian tissue donor was 102 and the oldest organ donor was over 90.

Kitchener Market a blend of old and new

By ADAM BLACK

For more than 130 years people have been flocking to the Kitchener Market. The great quality, service and diversity keep people coming back year after year.

The market dates back to the first Mennonite settlers in the 1830s. Many things have changed since those times. The market has grown after opening its new home on King Street, between Cedar and Ebony streets in 2004. It has become more diverse as well since the Mennonite days.

You can find vendors from different ethnic backgrounds trying to share a little piece of their culture, plus many locals trying to promote their products as well.

Vendors have their own little story about their history at the market and products.

"The love for the people and the market has kept us going for 80 years."

*Sharon Hammer,
Bast Cheese Co. vendor*

Judi Proracki has been selling her organic, pesticide-free sweet potatoes at the market for two years now. By being a vendor she hopes to educate people on the benefits of foods grown with no pesticides. There is nutritional information and even a few recipes for different sweet potato dishes available at the stand. Proracki had nothing but praise for her surroundings.

"This market is very vibrant, it has a lot of energy" she said. "It's consistent all year round."

Victor Witteveen has been selling his variety of meats for 15 years. He said what keeps customers coming back week after week to his stand is the quality of his product and the service he and his staff provide.

He explained he and his staff give up their Friday night and

Saturday to sell their product.

"We arrive here at 4 a.m. to set up and we usually don't leave the market until 4 p.m.," said Witteveen. "With a 12-hour day we pretty much give up our Friday night and Saturday personal lives. But we do it for the money."

Witteveen Meats has a large variety to choose from. They sell fresh beef, pork and chicken, bacon, cold cuts, smoked meats and prepared pasta dishes and stand by their products and service.

One of the longest running stands at the market, Bast Cheese Co., has been a member since 1920. Its products range from domestic and imported cheeses, to butter, milk and sour creams.

Sharon Hammer of Bast Cheese said what keeps people coming back to their stand is good quality products and the service, which seems to be a recurring theme at the market.

"It's in the blood," said Hammer. "The love for the people and the market has kept us going for 80 years."

Doug Eche of Doug's Honey is a beekeeper who has been "keeping" his stand at the Kitchener Market for six years. He feels the market is a great way for people to meet the producer and get the story behind the product.

Eche said he keeps coming back week after week to promote his product and to talk to the people who seem so interested about knowing the story.

"The market has brought out a lot of things I didn't know about myself," he said. "Like the ability to sell and be social."

Everyone has their own little story about why they're a vendor, and are not afraid to talk about it.

The Kitchener market is open from 10 a.m. to 6 p.m. Tuesday to Friday and from 7 a.m. to 4 p.m. on Saturdays. The farmer's market is open from 8 a.m. to 2 p.m. on Wednesdays from June until October and from 7 a.m. to 2 p.m. on Saturdays year round.



People have been visiting the Kitchener Market for more than 130 years to buy meat, fowl, roots, vegetables, fruit, dairy products, herbs, fish and flowers.

Photos by Adam Black

Doug Eche, a beekeeper, has been a vendor at the Kitchener Market for six years. He says he likes to tell the story of his product to the people who are interested in buying it.



Clark McDonald of Witteveen Meats shows off his products on an early Saturday morning. Witteveen Meats has been a member of the Kitchener Market for 15 years.



(Photo by Lee Evans)

Sign of the season

These ripening grapes indicate fall has arrived, but the current temperatures feel more like summer. Grapes are able to thrive in warm weather, but extreme differences could make it difficult to harvest them for Canadian delicacies such as ice wine.



Juli Proracki, a vendor at the market for two years, has lots of information on her organic sweet potatoes.

Program first of its kind

By TARA RICKER

Conestoga College is having no problem keeping up with the ever-changing advancements in health care these days.

Beginning in the fall of 2006, a dietetic technician program, a first-of-a-kind program not only in Ontario but all of Canada, will be offered at Conestoga College.

"There's a lot of great opportunities that come along with being rated the number 1 college in Ontario for the seventh year in a row, and being the first college to offer a unique program like this is definitely one of them," said Bill Jeffrey, associate vice-president of health sciences, community services and bio technology at Conestoga College.

Talk of the program first came about after the Clinical Nutrition Leaders Action Group (CNLAG), a group of dietetic technicians from Ontario, came to Conestoga College looking for help.

"There is a need to develop more effective and standardized education and training systems as the practice of dietitians is evolving," said Janice Schmeltzer, a professional health leader at St. Joseph's Health Care Centre in Toronto.

Schmeltzer led a sub group of CNLAG in developing the role of a

dietetic technician, which Conestoga College took a step further by developing a program.

Schmeltzer said hospitals have had a dietetic role for years but have had to provide on-the-job training, which takes a lot of money and resources.

"Current staff possess a lack of knowledge and skill to move into the new evolving role and university graduates in nutrition, who fill current diet technician roles, still require on-the-job training to be able to perform at an adequate level," she said.

Schmeltzer said the long-term goal of the program is to have graduate students who are able to completely perform as a dietetic technician.

"We want to train individuals to be dietetic technicians and we want them to be happy with their job."

Some of the tasks and responsibilities of a dietetic technician include planning and implementing food intake records, supplements, diet changes, food preferences, monitoring food intake, patient's compliance of meals and collaborating with a dietitian.

Dietetic technicians are not just limited to working in hospitals, said Bonnie Rucha, a dietetic technician at Grand River Hospital in Kitchener. Dietetic technicians also

work in schools, retirement homes and nursing homes.

"The two areas that are going to be in the highest demand in the future for dietetic technicians are health care and schools," she said.

Many changes have already been made in elementary and high schools, from what students are now offered to eat in school cafeterias to what's being placed in vending machines within the schools, said Rucha.

"With today's society trying to make healthier choices it's great that Conestoga College is offering a program like this."

The new dietetic technician program is most likely to attract people seeking a career in health care, who are interested in nutrition and health.

The program will allow students to develop a firm foundation in patient education and clinical nutrition with an understanding of food services. The program will also prepare students with the knowledge, skills, attitudes and necessary judgment to perform their role as a dietetic technician.

The program is scheduled to start next fall and a part-time version, which will allow those currently working as dietary aides to obtain a dietetic technician diploma, starts in January 2006.



(Photo by Tara Ricker)

Bonnie Rucha, a dietetic technician at Grand River Hospital, said two areas that are going to need a lot of dietetic technicians in the future are health care and schools. Rucha has 33 years' experience.

New lab will help students gain office experience

By MEGHAN KRELLER

The office administration skills lab may have been designed to help business students gain practical workplace experience, but it may also be the answer to many faculty's prayers.

The new lab, located in 2D18, is a place where faculty members at Conestoga can take work to be processed by first- and second-year

students at no cost.

The students will work on a wide variety of projects, from personal material to slide shows faculty may want for a class.

Joanne Rouleau, a second-year office administration student and section manager of the new skills lab, said she thinks it will help faculty a lot.

"Instead of standing in line (at the print labs), they are just going to

walk in here and we'll have eight computers on the go at all times," she said.

The office administration and information technology support services (ITSS) programs worked to open the lab and Rouleau said there was no shortage of work in the first three weeks of school. Schedules had to be set up for the students, the room was put together and decorated and all of the office supplies were

brought in to prepare for the opening.

"There was definitely a lot of work put into it," said Rouleau.

A ribbon-cutting ceremony took place on Sept. 27 but the lab was not open for business until Oct. 3, giving the students a week of prep time before the heavy work began. The students are on an hourly rotation, in order for everyone to get their time in for the week.

The time in the lab is linked to the students' desktop publishing course and is necessary in order to complete the class.

"Although you have to do it in order to get a certain percentage on a grade, it's for experience and is for the students' benefit," said Rouleau.

Hours of operation for the skills lab are: Monday to Thursday, 8:30 a.m. to 3:30 p.m. and Friday, 8:30 a.m. to 1:30 p.m.

Ontario government wants to promote apprenticeships

By JON MOLSON

What's one way to better this province? According to the Ontario government, it is by making an investment in apprenticeship training.

Premier Dalton McGuinty's government is investing more than \$1 million to help fund five pre-apprenticeship programs in order to reach the provincial goal of registering 26,000 apprentices by 2007-2008.

"The government wants to promote apprenticeships," said Peter Fitzpatrick, the senior communications adviser to the Ontario minister of training, colleges and universities. "Not only because they are a good career option for young people, but also because the province needs a skilled, well trained workforce to ensure its future prosperity."

The pre-apprenticeship training program, announced Sept. 22, would help around 100 at-risk youths develop their skills in apprenticeship training. There are four specific skilled trades that are currently being offered. They are brick and stonemason, construction craft worker, cook assistant and general carpenter.

There are five projects; three located in the Toronto area, while the remaining two are in Dunnville-

Haldimand and the Central North Correctional Centre in Penetanguishene. The programs will run up to 40 weeks and include in-class training, with a minimum eight-week work placement. Basic employment preparation training and an emphasis towards skills involving job and interview techniques will also be offered. Program participation is free for those eligible. At-risk youth include people who left secondary school without graduating or face other obstacles in life.

Chris Bentley, minister of training, colleges and universities, said the provincial government is committed to increasing the number of new apprentices.

"The brains and know-how of a skilled workforce are the competitive edge of the 21st century," he said.

Bentley believes these positions will give young people the opportunity to succeed.

"Having a direction in life fosters hope for the future and the sense of self-worth that comes from contributing to society," he said. "These pre-apprenticeship training programs will help young people who struggle in a traditional school setting to establish themselves in a career."

To support the growth of apprenticeship training, the government has done the following:

- Implemented the Apprenticeship Training Tax Credit in hopes of encouraging more employers to hire and train apprentices.

- Made an announcement of the Apprenticeship Training Scholarship and an employer-signing bonus for supporting training and employment for youth who have left school, but require some form of academic upgrading to become eligible for apprenticeship.

- Expanded the delivery of the co-op diploma apprenticeship program, which gives students the opportunity to obtain a college diploma while being trained as an apprentice, to 18 colleges and 1,000 spaces.

- Increased funding for in-class apprenticeship training, reaching \$11.7 million each year by 2006-2007.

The provincial government is also in the process of establishing an action group, consisting of primary participants in the system of training apprentices. These positions include employers, labour, community leaders, educators and trainers. This group will be count-

ed on to identify successful apprenticeship programs and proper support methods.

The action group will also encourage more individuals and businesses to consider apprentices and strive to increase completion rates. The action group will complement the work done by the industry advisory committees. There is a meeting scheduled in October, but no date or agenda has been finalized.

Fitzpatrick said apprenticeship positions help benefit the province by fulfilling a need for skilled workers and giving young people an opportunity in life.

"Many current skilled workers will be retiring and the economy is continuing to expand," he said. "A recent chamber of commerce study projected there will be a need for 100,000 skilled trades workers over the next 15 years."

He said these pre-apprenticeship programs will allow students to upgrade their skills so they can qualify to get into apprenticeship programs.

"They are not apprenticeship programs, but we expect they will lead to apprenticeship programs," Fitzpatrick said.

There is no advertising budget, but Fitzpatrick added promotion for the five programs would be

made in hopes of attracting media attention.

"Local job centres, community groups and other organizations that help people find jobs or get training will be promoting these programs," he said. "The Ontario government also has its own 1-888-jobgrow line for career help."

Fitzpatrick said the government is in the process of setting up a "one-stop" job training system that will link all the various groups involved in helping people find work or training.

"Once established in the next year, people will only have to make one call to be connected with all the resources they need," he said.

Fitzpatrick is pleased with public reaction so far towards this program initiative.

"The public reaction has been very favourable," he said. "There is an understanding that to help at-risk youths, the best thing to do is provide them with opportunities for a job and meaningful work."

People who are interested in taking part in the pre-apprenticeship training program can call the JobGrow hotline at 1-888-jobgrow, or 416-326-5656 in the Toronto area, for any details regarding the different types of services and programs available.

Fourteen-year-olds can still have sex

By LEE EVANS

Children who are 14 years old can still consent to sex with an adult after a proposed amendment to the Criminal Code was overturned in the House of Commons Sept. 28.

Conservative MP Rick Casson introduced a private member's bill to raise the age of consent from 14 to 16 to protect children from sexual predators.

"In our country," said Casson, "an adult can have sex with a 14-year-old and it is not against the law."

Bill C13 was overturned 167 to 99 by members who felt the proposed change would criminalize sexual activity between teens.

Justice minister Irwin Cotler referred to such activity as "puppy love."

"I don't want to criminalize innocent consensual behaviour amongst teenagers and young people," he said, "so there's no need for this type of bill." Cotler was apparently unaware of his accidental play on words.

Cotler stated he feels children and teens are adequately protected under existing laws.

Currently the Criminal Code, section 150.1 which deals with sexual offences, states that consent is not a defence if sexual activity takes place with someone under the age of 14 unless the accused is 12 years or more of age, but still under the age of 16; is less than two years older than

the complainant; is not in a position of trust or authority toward the complainant, nor is the complainant in any way dependant on the accused.

What about a complainant who looks much older? It is not a defence that the accused thought the person was 18 years or older, unless the accused took all reasonable steps to ascertain the age of the complainant.

In other words, if there are any doubts, don't.

Furthermore, consent given under threat, coercion or while the complainant is under the influence of drugs or alcohol is not a defence.

Sexual interference, touching a body part with another body part or with an object, or invitation to sexual touching with a person younger than 14 is guilty of an indictable offence and can be punishable by a jail sentence of up to 10 years.

However, the same charges involving a complainant between the ages of 14 to 18 years of age would earn a lesser jail term of up to five years.

What exactly is consent? The legal definition is voluntary agreement of the complainant to engage in the sexual activity in question.

The age of consent for gay sex is different; participants must be 18 years or older.

Previous proposals have been made to raise the age of consent to 18, but that would mean an 18-year-old kissing a 17-year-old would be breaking the law.

In December 1997, the prime minister and attorney generals met with then-justice minister Anne McLellan to request the federal government raise the age of consent to 16.

B.C. attorney general Ujjal Dosanjh supported the proposal.

"Today, an adult can have sex with girls as young as 14 years," he said, "and it only becomes a criminal offence if he pays for it."

The Canadian Family Action Coalition also supports these proposed changes. In a brochure they published to lobby support they stated, "Canadians do not vote, consume alcohol, fight wars or engage in other adult activities legally until age 18. Sexual activity is an adult activity with adult consequences, including disease and pregnancy."

In a discussion paper released in 2002 by Senator Landon Pearson, advisor on children's rights, her research showed that in Canada the average age of first sexual activity is 15. Therefore, raising the age of consent would criminalize the sexual explorations of a great deal of Canadian youth.

This argument is supported by Joe Comartin, a lawyer and NDP member from Windsor.

"If this bill is passed," he stated just before the vote, "it will criminalize sexual conduct between consenting youth, 800,000 youth in this country."

Comartin would like to see the "near-age-defence" clause included with any amendments to the current legislation.

The "close-in-age exemption" means if a couple engaging in sexual activities have no more than a five-year age difference, then it would not be a criminal act.

The ages of consent worldwide varies quite a bit, depending which country you are in.

It is 12 in Mexico, 13 in Japan, 14 in Germany, China, Hawaii, Italy, Austria and Iceland, 15 in Denmark, Sweden and France, (countries reputed for their liberal views on sex) 16 in Australia, the U.K., Finland, Israel, New Zealand, Norway, Holland and Russia.

In the United States, it varies from state to state. Sixteen-year-olds can say yes to sex in Michigan and Alabama, you must be 17 to consent to sex in New York or Texas and surprisingly, in California, the land of silicone and sex, you must be 18 to legally consent.

Bea Salmond, a 70-year-old grandmother from B.C. thinks the confusion in laws is why kids are getting their priorities all messed up.

"It should be 16 or more," she said, referring to the age of consent. As far as MPs voting the bill down, Salmond said she wishes they would stop messing about and do something constructive.

"I'm glad I do not have kids now," she said, "I would be in the booty hatch."

Dianne Sowden, of Coquitlam, B.C., founded a lobby group called

Children of the Street Society after her 14-year-old daughter became pregnant after getting involved with a 27-year-old man.

That was almost 12 years ago, and she was shocked at the time to discover the police could not help bring her errant 13-year-old home because she could not prove that her daughter was sexually active. Once her daughter was pregnant a year later, the police told her it was too late, as the age of consent was 14.

The group is trying to get the government to raise the age of consent to 16, as they feel a 16-year-old is more mature and not as easily manipulated.

"Fourteen-year-olds shouldn't be having sex anyway," said Ashley Robertson, a 14-year-old Grade 9 student at Cameron Heights high school in Kitchener.

"What if someone gets pregnant," she said, "you don't even have a social insurance number yet."

It would be hard balancing school, a job and child care, Robertson said.

"My mother would just kill me!" she replied when asked about the possibility of having sex at her age.

"I've been taught differently, and most of my friends would agree," Robertson said, "but some wouldn't."

Most of her friends would not consider having sex with someone the same age, never mind older. she said, but thought it might be different for the boys.



(Photo by Jon Molson)

Action!

Second-year broadcasting students Pat Favorn (left) and Cole Nayer, work on their outdoor group project on Sept. 29.

Fun Fact

A pound of potato chips costs 200 times more than a pound of potatoes.



MANAGING TIME, MANAGING COLLEGE

"Managing time is about making things happen, not having things happen to you".
Anonymous

IF WHAT YOU'RE TRYING RIGHT NOW ISN'T WORKING ... CHECK OUT SOME OF THESE ...

STUDY WHEN

Plan 2 hours study for every hour you spend in class.
Study or work on difficult or boring subjects first.
Avoid study marathons; more consistent review periods result in better retention.
Be aware of your best time of day to study and plan tasks for that time.
Use a regular study area, one that contains everything you need.

STUDY WHERE

Choose a place that minimizes visual and auditory distractions.
Use the library or an empty classroom.
Don't get too comfortable. Studying on your bed makes you tired and you end up falling asleep. Remain awake and attentive by choosing an appropriate area in which to study.
Find a better place when productivity falls off.

YOU AND THE OUTSIDE WORLD

Pay attention to your attention and take breaks when needed.
Agree with roommates about study time.
To avoid noise distractions plan out your study area.
Notice how others misuse your time.
Get off the phone and out of the chat room.
Learn to say "no".
Hang a "do not disturb" sign on your door.
Ask yourself, "How did I just waste my time?"

To make an appointment for learning strategy assistance, visit the Student Services Office.

A Message from Learning Strategies

Visit our website

<http://www.conestogac.on.ca/jsp/stserv/learningstrategies/index.jsp>



Nerds on Site provides advice

By JESSICA BLUMENTHAL

Imagine it is 3 a.m. and you are just finishing the last page of your 12-page essay that is due at 8 a.m. when your computer crashes. What would you do?

There are three computer essentials that a student needs in order to survive, said a network specialist for Nerds on Site, a company that provides advice and upkeep for your business and home computers.

David Bell, who was at the first annual K-W Computer Show Oct. 1. at the Kitchener Aud., said the first computer essential is the Nerds on Site back-up. The online back-up product is a must-have for students and graduates who have important papers. It's easy and inexpensive way of securing your documents. If your computer were to crash you can just go to a friend's computer and recover the file online.

The service costs 1½ cents per month, per megabyte of data charged. For example, a 25-page thesis without pictures would be one-tenth of a megabyte which is one penny a month to have it backed up.

"Which would you rather pay, a penny a month or \$200 up to \$2,500 for hard drive recovery, when it's the end of the semester and you're in desperation mode?" said Bell, who has more than 20 years' experience.

"We're not the cheapest guys on the block, but we have that extra home service."

David Bell,
Nerds on Site

Bell said the second is Spysweeper, which is an anti-spyware program you install to protect your confidential information. The program costs \$39.95. There is free anti-spyware software such as Spybot, but it isn't as effective as Spysweeper.

The last is AVG anti-virus. Most people get viruses through e-mails and file attachment or transfers. Viruses cause computers to crash or programs to malfunction. The AVG software is \$45 to buy for two years, which is \$1.87 per month.

Bell said one of the problems



(Photo by Jessica Blumenthal)
Luke Gladding, a sales representative of Carbon Computing, says there isn't any spyware on Mac computers.

with bringing your computer into a shop to get it fixed is that you have to go through the aggravation of

transporting the system. As well what you want fixed is not always what ends up getting fixed.

When you call the company for service you are assigned your own "nerd," who comes right to your house.

"We go into your home and go through the aggravation you're experiencing with you so that the correct problem is solved," he added.

Nerds on Site offer a fixed rate, which is \$99 to \$199 for the entire job, excluding any hardware.

"We're not the cheapest guys on the block, but we have that extra home service," said Bell.

Sometimes students who live at the same residence will even call a technician in to do all the computers in their home and split the cost between the residents, which helps reduce the cost to the students, he added.

Anyone interested can call 1-877-my-nerds 24 hours a day to book an appointment or you can book an appointment online at www.nerdsonsite.com. If the client calls before 8 p.m. an employee will respond in typically 15-20 minutes. Anytime after that the call may not be returned until the next morning.

Tourette's Syndrome is often mysterious

By DARRYL TAYLOR

It's hard to know what to do when the person sitting across from you starts twitching and barking like a dog.

Do you try to maintain eye contact, or pretend not to notice? Do you ask if they're alright, or mumble something about having to be somewhere else and back slowly away from the table?

It's hard to know how to react in this situation because the human

tendency is to fear things we don't understand.

Tourette's Syndrome (TS), although it affects as many as one in every 200 Canadians, is still one of those things. Nearly everyone has heard of it, yet few people have any knowledge of it beyond that gleaned from films and television.

TS is a neurological disorder characterized by sudden, involuntary movements or vocalizations called tics. Those with TS often suffer from related disorders like

obsessive compulsive disorder (OCD) and attention deficit disorder (ADD). The cause of TS is unknown, but it is believed to be the result of the abnormal metabolism of the neurotransmitter dopamine.

The Tourette's Syndrome Foundation of Canada (TSFC) was formed in 1976 with the goal of educating the public in an effort to create tolerance towards TS sufferers.

Gord Brown, 45, president of the Waterloo-Wellington chapter of the TSFC, said accepting someone

with TS is a matter of seeing beyond their faults no matter how unusual those faults may seem.

"I urge people who are uncomfortable (with TS) to see more than just the tics," he said. "Look at the person under the ties."

One of the most common misconceptions is that everyone with TS will abruptly blurt out expletives for no reason. This stereotype is common in popular culture and is perpetuated by comedies such as the 1999 film, *Deuce Bigalow: Male Gigolo*. In the film, a character with TS randomly shouts out long strings of socially unacceptable phrases and exhibits severe tongue-related tics.

While this condition, known as coprolalia, is a symptom of TS, it occurs in only about three per cent of TS cases. TS usually manifests itself in subtler ways such as mild facial tics, twitching, or echolalia, the repeating of words and phrases.

Brown said TS can be especially difficult for children, because they are teased for being different. He said this can be especially trying for those that aren't diagnosed until later in life, like him.

"I wasn't diagnosed until my early 30s," he said. "So for the longest time I was like 'what the heck is wrong with me?'"

Brown said the misconceptions of others and the teasing he faced at school made him feel isolated.

"I was like a hermit in my room. I didn't have any friends," he said. "The reactions I would get were so negative."

Brown recalled having a teacher tape his mouth shut to control his outbursts when he was in the fourth grade. He said in those days TS was relatively unknown and often misinterpreted as something else.

"In the '70s, Tourette's was pretty much unheard of because it was fairly new," he said. "It was only in

the '60s that they really pinned it down and decided to call it Tourette's."

Tourette's Syndrome is named after Georges Gilles de la Tourette, a French neurologist who, in 1883, described the extreme symptoms of the Marquise de Dampierre, a noblewoman who was prone to involuntary tics in many parts of her body, as well as echolalia and coprolalia.

The unnamed condition was thought to be merely psychological until the late 1960s. It was only after the discovery that neuroleptic drugs could be used to treat tics that it was classified as a neurological condition.

People with TS, said Brown, are typically above average in other areas. He used the example of Dustin Hoffman's character in the 1988 film, *Rain Man*, an autistic savant who had difficulty getting dressed but could solve complex math problems with ease.

There are many positive aspects of disinhibition disorders like TS, OCD and ADD, said Brown. Those suffering from such disorders are often more perceptive and usually have a very specific and exceptional talent, such as painting, playing an instrument or memorizing baseball statistics.

This is the kind of message the TSFC tries to bring to young people suffering TS, said Brown.

"Our message is that Tourette's is not this big embarrassing thing," he said. "You learn to deal with the symptoms and there can actually be a positive side to it."

Ultimately, said Brown, the key to coping with TS is to learn to be comfortable with it and develop a sense of humour about it.

"I used to be self-conscious about it, but now I don't really care anymore," he said. "In fact, sometimes I might let out a little bark just to get a reaction out of people."



(Photo by Mike Bors)

Spark plug problem!

Mark Araujo, a second-year broadcasting student, was trying to unplug his portable hard drive when the outlet started to spark and the plug became welded into the outlet in Room 3B10 on Sept. 22. Physical resources repaired the outlet later that day.

New education courses offered

By JESSICA BLUMENTHAL

Conestoga College's continuing education has some new courses in different areas of study this year.

The diversity courses allow people interested in testing out new fields to do so without committing to a full-time program.

Information technology now offers a couple of seminars on Flash, which is used to create animations for Internet use.

Anatomy and physiology of the ear is a new course in health sciences which explores the inner workings of the human auditory system.

Managerial and professional studies now offer a creative writing course for people who are looking to expand their writing skills. This course allows the student to choose two electives from poetry writing, romance writing and writing short stories while exploring their potential as a writer.

Anyone who enjoys experiencing different cultures and cooking

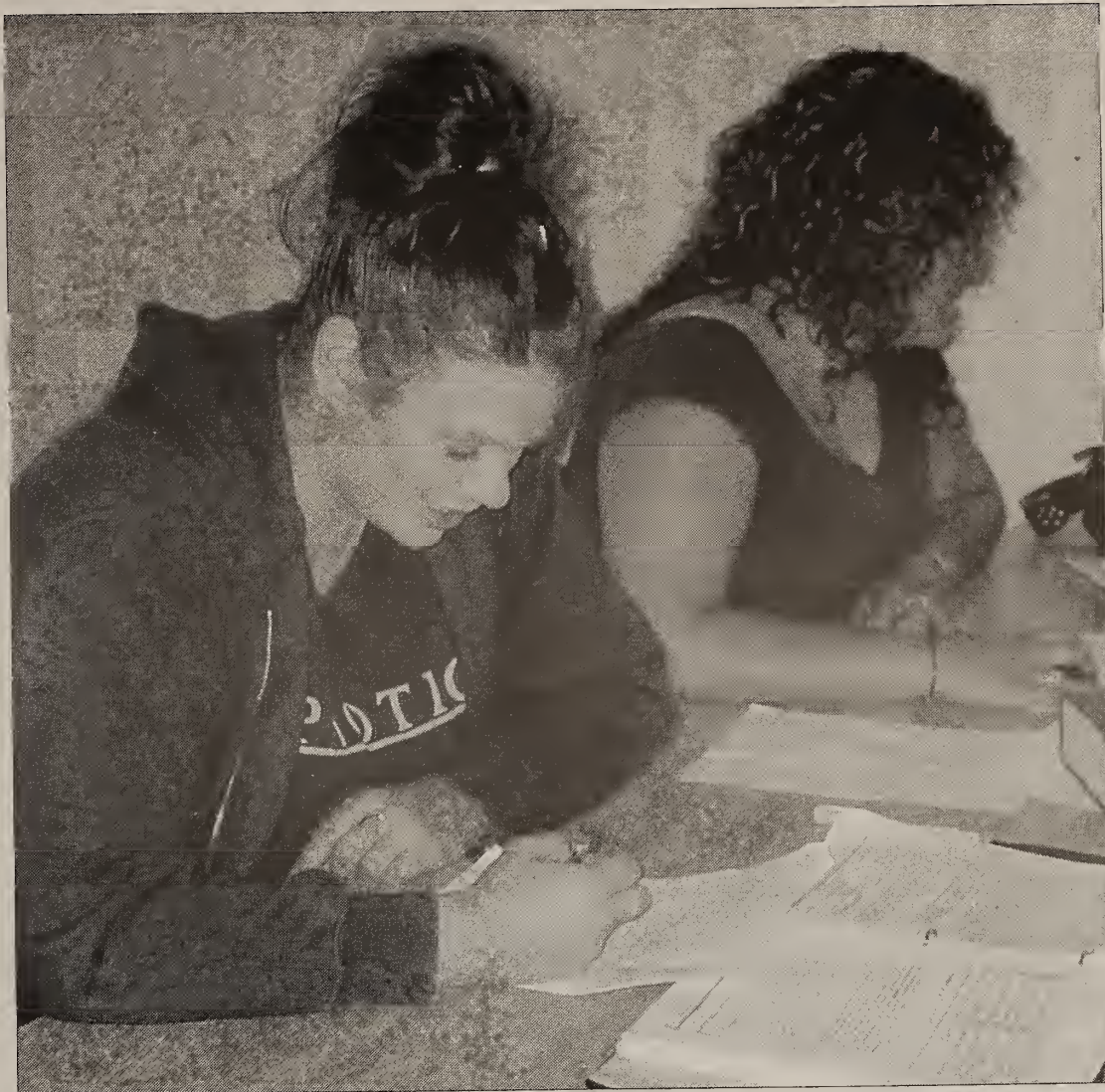
would like the new cooking courses, such as a night in Greece, exotic Persian kebab and holiday cookies.

Other new seminars offered in general interest are bird carvings, beginning pottery and Thanksgiving and Christmas crafts.

The Jin Shin Do Neck and Shoulder Release technique is a new acupressure course which uses finger pressure on the neck and shoulder to release tension and stress.

Many of the courses offered are one-day, three-hour seminars offered weekdays. Most of the courses started at the end of September. There are also some classes that are available online through www.OntarioLearn.com, which has correspondence courses.

For those people interested in taking a continuing education course, applications are accepted at www.conestogac.on.ca and by mail. Applications for courses are accepted until the starting date of the course or until the course is full. For more information call 748-5220 ext. 3656.



(Photo by Chantelle Timperley)

Conestoga offers tuition-free program

By VANESSA PARKER

If at any point you have found it difficult to find a job or are overwhelmed with the thought of starting to search for a job, Conestoga College's Guelph Campus offers a tuition-free preparatory program called Employment/Training Readiness (E/TR).

E/TR is available to anyone 19 years of age or older and all funding for the program is from the Ministry of Universities, Colleges and Training.

What makes this program unique is that the students decide what their employment goals are.

Then the program offers a variety of different exposures to cater to these goals.

The course has three main components: personal management, career building and employment strategy.

In these areas the students learn how to effectively communicate, learn what their own skills are and what their employment needs are. The students gather labour market information and research their desired employment area. The program also teaches students how to write resumes and gives advice on how to hold a job.

According to Fran Painter, the program co-ordinator, even university and college graduates enroll in the program if they are unhappy with their current career.

"This program aids students to find a job that better suits them," says Painter.

E/TR also offers a three-week job placement that the students find best caters to their employment goals.

For additional information you can contact Fran Painter at fpainter@conestogac.on.ca

Studying hard

LASA students Rachel Hopkin and Laura Leis demonstrate concentration by studying hard for an upcoming test.



COUNSELLING

What is Chillax you ask?



Getting into the heavy part of the semester?
Chillax! Try out some relaxation techniques like guided imagery, deep breathing and progressive muscle relaxation. Observe or participate in a variety of short activities that can bring about the relaxation response.

When: Friday October 21, 2005

Where: 2E02, 2E04 and 2E05

How: Participation is free and no registration is required!

Elevator chaos at Conestoga Residence

By AMANDA KAHGEE

Students at Conestoga Residence and Conference Centre were in for a surprise when they went to use the elevators on Sept. 25.

All of the buttons to "call" the elevator had been glued so they couldn't be pressed. Not only had this been done for both elevators, but the buttons had been vandalized on most floors. The person responsible for the damage has been caught, but general manager, John Kobylnik, says it has not been decided yet what will happen to the individual.

In addition to this, room numbers were torn off of the walls and several key slots were also glued.

Video tapes will be viewed to see

if the person who damaged the elevators is also responsible for the other damages.

Conference centre maintenance was called and they repaired the glued key slots, but weren't able to fix the elevator buttons.

The conference centre had to bring in another company to repair the elevators.

Having the elevators shut down was a huge inconvenience for students living on the upper floors of the residence.

It was especially cumbersome for students returning Sunday evening from a weekend at home with handfuls of their belongings and discovering they had to trek up the stairs.

Nuvaring a new birth control method

By CHANTELE TIMPERLEY

There is a new method of birth control in Canada that could be especially beneficial to the forgetful student.

Nuvaring is the first hormonal contraceptive that can be taken once a month. It is a five-centimetre-long, transparent ring that is inserted into the vagina for three weeks.

It is held in place by the muscles of the vaginal wall, where it releases a low dose of estrogen and progesterin that are needed to prevent pregnancy.

The walls of the woman's vagina then absorb the hormones and pass them into the bloodstream. After 21 days, it is removed for a week for menstruation before reinserting a new one.

Nuvaring was introduced in Canada in January 2005 after already being available in 40 countries for several years. It has a 99 per cent effectiveness, and is also the lowest estrogen dose out of all the contraceptives on the Canadian market.

Dr. Nancy Durand, a gynecologist at Sunnybrook and Women's College Health Sciences Centre in Toronto, said women prefer this method of contraception after trying it.

"Now when we're discussing somebody new going on contra-

ception, it's an option to tell them about," she said. "A lot of people really like the sound of, 'I only have to remember it once a month.'"

Anne Alegle-Rock, 28, is a patient of Durand's who said Nuvaring provided a positive change to her old routine.

"A lot of people really like the sound of, 'I only have to remember it once a month.'"

*Dr. Nancy Durand,
gynecologist*

"The pill was great, however, taking it daily and having to remember it every single day was not too cool," said Alegle-Rock. "You don't wake up every day at the same time, especially if you've got a busy schedule and you've got different responsibilities with different things."

Alegle-Rock started on Nuvaring in January, when it was approved by Health Canada. She said it was something she wanted to try after she heard about it from a friend.

"I was looking for another alternative because I wouldn't always wake up at 6 a.m., which interfered with taking the pill at the same time every day," she said. "Ideally, with the pill, you really should be

taking it at the same time every day. I found that a little annoying."

According to a press release from Oxygen Promotions, clinical studies have shown that 81 per cent of women chose Nuvaring as their preferred method of birth control. Alegle-Rock said she's told all her friends about it, and that two have already switched over to it.

"We're in our younger 20s, we're newly married or engaged to be married, and we aren't ready for that," she said. "I'm a newlywed and we're not ready to have children, so that was really important to us to have something that we knew was going to work and that was going to be convenient."

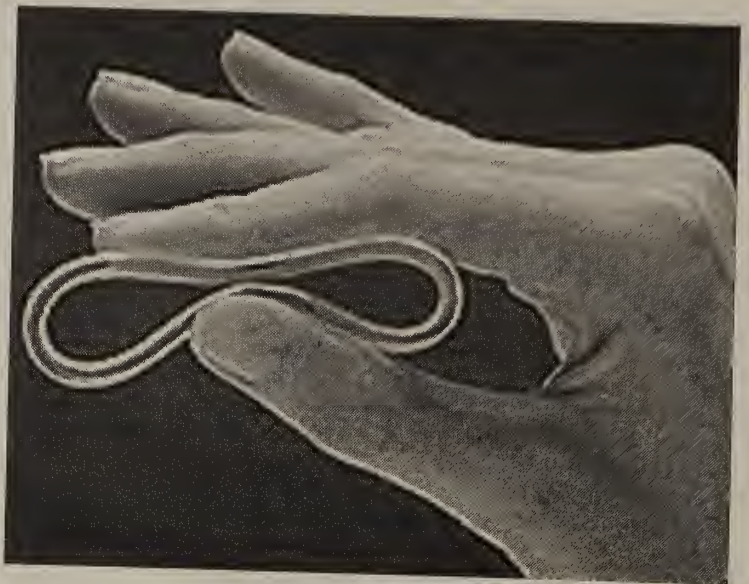
Studies have also shown that 71 per cent of males were not able to feel the ring during intercourse, and that 94 per cent of the ones who were able to did not mind it.

Durand said it is OK to leave the ring in during intercourse and that it will hardly be noticed.

"People actually use diaphragms for contraception and they don't feel the diaphragm, so it's the same idea as that," she said. "About 85 per cent of women don't feel it, and the ones who do don't seem to mind it. It doesn't seem to be a complaint."

Alegle-Rock said it has not interfered with intimacy at all, and that she cannot feel the ring whatsoever.

Forgetting the pill means not taking in sufficient hormone levels in



(Internet photo)

Nuvaring is a flexible contraceptive that is five centimetres in diameter. It is inserted by squeezing the ring between the thumb and index finger and is worn by a woman for three weeks.

order to prevent ovulation. Missing one pill usually will not be a problem, but chances of getting pregnant are greatly increased when missing two or more.

Nuvaring is considered to be a convenience for university and college students because it takes their minds off needing to remember the pill every day. It alleviates more stress for people who already have chaotic schedules.

Alegle-Rock said it is a challenge when your days are never the same.

"It's definitely a form of contraception that is probably the most ideal for that age group and for students," she said. "You don't have to walk around with the pills or pop the patch and you don't have to wear anything on your body, per se."

For Alegle-Rock, she likes being able to control the contraception herself, rather than a doctor.

"To be able to have this kind of control over it is perfect."

Individual self determination important

By TIFFANY MCCORMICK

"Equality in itself doesn't guarantee protection," according to University of Waterloo anthropology professor Harriet Lyons.

Lyons was one of the two guest speakers present at Perspectives, a lecture series exploring cultural issues.

The series is a partnership between Cross Cultures magazine and the Kitchener Public Library. Every third Monday of the month, guest speakers are asked to attend and speak to the public about a particular issue.

On Sept. 19, Barbara Pressman and Lyons spoke to the community about their views and opinions regarding gender equity and feminism.

Pressman, an individual couple and family therapist, spoke of women's equality and what feminism means to her.

Pressman was raised in a conven-

tional, working class Jewish family and was programmed to believe the only way she could be happy was if she had a husband.

She spent her time at college looking for a husband and suffered academically as a result.

Pressman barely got into Harvard University but graduated with a degree in psychology and began to realize the severe differences between men and women in society.

"Social institutions mould our thinking and behaviour," Pressman said.

She told the audience that men have always been leaders, in schools, churches and the workplace.

"It's been a strong cultural teaching," Pressman said. "But it's changing, thank god."

At the age of 40 Pressman finally realized she was a feminist. When asked what feminism means to her she said, "a recognition that

women are a disadvantaged population."

Lyons has been teaching anthropology since 1970. She addressed many factors regarding cultural diversity but focused on sex and gender.

Lyons spoke about anthropologists who began to study sex and gender issues in the early 19th century in Europe and of civilians of European descent in North America.

In the early 20th century, Lyons claimed anthropologists began to study and compare different cultures regarding their sex and gender rules and regulations to determine which would work best for human beings.

"Anthropology has absolutely nothing to tell us about the right way to do it," Lyons said.

She went on to say that no sex and gender regime is better than any other.

"Most societies and cultures are pretty wedded to their own regime of sex and gender."

Lyons said they believe their regime is natural and is the only one that will please their god or gods.

"All societies think this," Lyons said.

Lyons spoke about contemporary Canada and how the rules western civilization have come to abide by can conflict with certain beliefs.

Individual self determination was an issue she took into high regard, claiming Canadians feel it is extremely important.

Lyons said individual self determination is the freedom and ability to make our own decisions.

She said if she was ever asked to

give up individual self determination rights such as where to live, whom to marry and how long to stay married for, she'd be "dam mad."

Lyons said individual self determination was used originally in the 18th century for property-owning males and, as time has evolved, it has been used as rights for all citizens.

Lyons said many feminists used the principles of individual self determination to argue for more rights when they discovered women didn't have as many rights as men.

She argued that although many people agree with individual self determination, it conflicts with the beliefs of "some of the groups that make up the current Canadian society."

According to individual self determination, "These groups should be entitled to their own choices," she said, but claimed some people think giving other people rights interferes with their own rights.

As for the topic of gender equity, Lyons did not discuss it in the night's talk but, afterwards, said to her it means, "Men and women having equal chances to live a decent life."

She pointed out that without class, race and other equities, gender equity does not guarantee all people will have an equal chance at a decent life.

When asked if she believed if there was a right or wrong way for people to govern themselves regarding sex and marriage Lyons said people should be honest about their intentions.

"One should not force or cajole

others into situations that are not comfortable for them," she said.

Lyons also said to keep in mind that comfortable is a highly subjective word and carries a lot of cultural baggage.

After the talk she defined feminism as, "A political movement which has attempted to improve the condition under which women live."

She said there are many different branches and "flavours" of feminism, but thinks, "They all have that in common."

She was asked why a government might create laws that would not completely protect all of its people.

"The idea that all citizens are entitled to the same treatment is something relatively new in the world," she said, adding it is by no means universally applied.

She said people with power and privilege do not like to give it up. Established ideas and beliefs die hard and equality in itself doesn't guarantee protection.

Lyons gave the example of the United States in the 1960s and 1970s with laws that governed the hours women could work as opposed to men.

In theory those laws were created to protect women from long hours and dangerous working conditions. While some feminists thought they were necessary, others argued they restricted employment opportunities.

She said in today's Canadian society change comes from different groups of people advocating for their beliefs.

"We end up not with perfection but with more or less workable compromises," Lyons said.

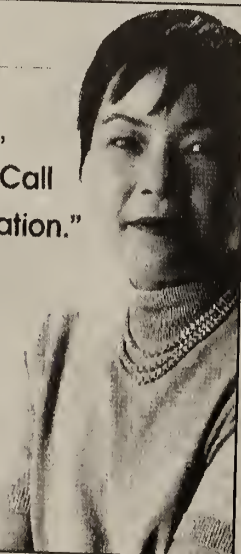
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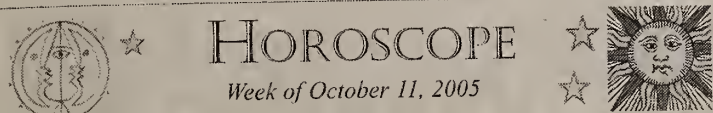
Carol Seto, dietitian

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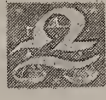
www.diabetes.ca





Aries
March 21 -
April 19

Stand up for what you believe in this week. If you need a new beginning, make a change in your life that will give you fresh insight into how your world works. Lucky day: 11



Libra
September 23 -
October 22

A story in the newspaper will catch your attention this week, Libra. Don't just sit there feeling as though you can't help, get involved. Lucky day: 16



Taurus
April 20 - May 20

Rent a funny movie this week and invite some friends over for a laugh. It's time to reap the rewards of your hard work by spending a night with friends. Lucky day: 10



Scorpio
October 23 -
November 21

Try to maintain an even temperament this week, Scorpio, as you'll be a bundle of nerves and your friends and family won't be able to keep up. Lucky day: 14



Gemini
May 21 - June 21

A new idea pops into your mind late in the week. Take this newfound knowledge to the next level by applying it to your life. It's worth a shot, you might be surprised. Lucky day: 13



Sagittarius
November 22 -
December 21

Look to tutor someone who's not as bright as you this week. Give yourself some credit; you have a good head on your shoulders. Lucky day: 15



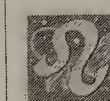
Cancer
June 22 - July 22

Take each step one at a time or you'll fall down the stairs. Same thing applies to your life this week. Use your building blocks to get to the pinnacle you're trying to reach. Lucky day: 12



Capricorn
December 22 -
January 19

As you achieve your goals, this week and in the future, try not to forget the people who have been there all along. They are your support network and will catch you if you fall. Lucky day: 14



Leo
July 23 - August 22

You have a chip on your shoulder Leo and someone will try to knock it off this week. Stand your ground when required but don't forget it's sometimes good to be humble. The higher you get the harder you'll fall. Lucky day: 11



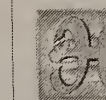
Aquarius
January 20 -
February 18

Don't let someone bigger than you bully you around, whether it's a company or someone at school. The time to stand up for yourself is now. Lucky day: 13



Virgo
August 23 -
September 22

Sit down and breathe for a minute this week, Virgo. Being busy all the time isn't always a good thing. Take a moment to enjoy a piece of apple pie or some leftover turkey. Lucky day: 13



Pisces
February 19 -
March 20

Don't be afraid to dream big, Pisces. Look for the best path to reach your goals and put the pedal to the medal, full speed ahead. Watch out for little children and old ladies along the way. Lucky day: 14



Brandon Walker is a second-year journalism student holding fate in the palm of his hand.

Canadian trio's success continues

By BRENT GERHART

After traipsing across North America this summer with the Vans Warped Tour, Bedouin Soundclash has found itself coming home to a different Canada.

Since its April 27, 2004 release, the group's second album, *Sounding a Mosaic*, has steadily gained the band more recognition.

Eon Sinclair, Bedouin Soundclash bassist, said while initially touring throughout Canada and parts of the U.S. to support the album, the crowds kept growing. However, the album itself did not have the support of mass media.

"Then, we went off on the Warped Tour, and during that time our music ended up in a Zellers commercial," said Sinclair. "We just kind of blew up, so it's been kind of a whirlwind."

Sinclair said the feeling was strange.

"It was the same people, but very different," he said. "We were being played, it was a different attitude."

Although the genre-exceeding band was somewhat reluctant to loan their single, *When The Night Feels My Song*, to Zellers, they felt it was the right thing to do.

Sinclair said the band hasn't receive a lot of criticism for their decision.

"The ones we have received come from people who really don't have a good idea of what they're talking about," he said. "Selling out really doesn't exist anymore. You make music because you believe in it and you want to do something good."

The bassist said the song's meaning has not changed because a major Canadian department store decided to use it.

"That's not why we made the song. But, if Zellers can help us get that song and that original meaning to more people, then why not? And, if they can help us grow and make more music like that, why not?"

Aside from Zellers, Sinclair said more factors have helped increase the band's popularity.

"We had a lot of cool people in really good places support us," he said. "Tim Armstrong (lead vocalist and guitarist of Rancid) would come over and watch us or Kenny (Vasoli) from The Starting Line would say, in front of his main stage crowd, 'You guys have to go see Bedouin Soundclash.' Kids listen to people like that because they admire them."

Sounding a Mosaic was released in Canada on the independent, Montreal-based label, Stomp Records, in 2004, but it was not until May 10, 2005, that the album was officially released in the U.S., on SideOneDummy Records.

Sinclair said SideOneDummy helped the band gain a lot of popularity south of the border.

"SideOneDummy comes with its own street credibility, it's a label people know," he said. "There are fans of labels and as soon as something new comes out, they will just buy it. They don't need to hear it



(Internet photo)

Bedouin Soundclash drummer Pat Pengelly (left) vocalist and guitarist Jay Malinowski and bassist Eon Sinclair, met at university in Kingston but all hail from Vancouver.

because they trust the label."

Bedouin Soundclash's popularity does not stop in North America. The band also flew to England on Sept. 19 to promote the UK releases of both their single *When The Night Feels My Song* and album.

While overseas the band did many radio and TV performances and interviews, including a spot on the BBC.

Prior to promoting the album, the band also spent some time playing six shows between Aug. 26 and Sept. 2, including the Reading and Leeds festivals.

Sinclair said the initial response to the band's sound was much quicker in England than North America, and it especially showed at the festivals.

"We were the first band on stage in the small dance tent and there were about 2,000 kids and they all knew the words. And, that was our first show in England."

Since Sinclair, guitarist and vocalist Jay Malinowski and drummer Pat Pengelly formed in late 2000, Sinclair said the band that "refuses to be classified while blurring the lines of reggae and rock" has continued to grow, especially from their first album, *Root Fire*.

"We toured Canada twice and we thought this is a career now, let's make an album," he said. "Now, the theme for this album was to try and voice the mosaic that is Canada, the cultural mosaic."

Sinclair said touring is one of the most important parts of being a musician.

"Touring makes you a better band. If you can't play live, you just can't play," said the bassist. "At least, in terms of being a musician," he said. "you have to be able to replicate live what you do on CD because there are so many tricks of the trade these days."

Although the group has been together for almost five years, Sinclair said he believes their biggest achievement came recently.

"It is definitely getting more traditional reggae into the mainstream," he said. "It's an often neglected genre. It's been very hard for people to listen to anything past Bob Marley and I don't know why because there have been a lot of great artists. Our biggest achievement would be opening the door

for people like that to then get played on the radio."

Sinclair said there is nothing fabricated in what Bedouin Soundclash does.

"We are real. You don't start making music like this for commercial success because nobody thought it could be done," he said. "Our only goal out there is to make interesting music for ourselves and the fact that other people are listening to it, continue to listen to it, and are interested in helping take that to the next level is a bonus."

The band was able to show its true colours on a recent trip to Waterloo.

"We came back to Waterloo and our van battery died," said Sinclair. "We pushed our van to Waterloo, a lot of bands wouldn't do that. We set up our gear, we take it down, that might change in time, but that attitude never will."

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Hurst likes underdog role

By JON YANOFF

The former lead singer of Econoline Crush has a new band and although Trevor Hurst has a new sound, he still knows how to rock.

Hurst and his self-titled band helped rock Conestoga College when they opened for Thornley. Sept. 15. Hurst is touring the next couple of months in support of their new EP titled *Wanderlust* via his record label, Maple Nation/Universal.

Hurst said he enjoys playing at universities and colleges.

"When you're going to school there's a lot of pressure on everyone to achieve their goals, to get work done, to learn and I think music provides the perfect outlet," he said. "When students are in school they are becoming the person that they want to be or towards that direction and I think music helps provide that soundtrack and that escape for those people in that kind of predicament."

He said rock music is a great opportunity to unleash frustration.

"Rock concerts are mini vacations," he said. "You get in the door and it's too loud to hear anything, so you just got to let go, have a good time and rock out for a couple of hours."

"I remember this quote from Elvis Costello," he said "Rock 'n' roll is an acronym for sex, it's not supposed to be pretty, it's sweaty, it's dirty and it's fun."

Hurst said he's really enjoying the chemistry of his new band. Besides Hurst, his band consists of

Paulo Neta on guitar, Mark Molinski on bass and Nik Pesut on drums.

"I like the sound of the band because it's bigger, thicker and it's got this quality that's reminiscent of bands from Vancouver and stuff that sounds thick and meaty."

He said his new band is taking a bit of time to catch on with fans because they aren't signed with a major label like Econoline Crush.

"We're an indie band so we don't have the same resources larger corporations would have to pay for mass ads," he said. "It's going to take us a little longer because of the way the band is developing, but since the fans are coming around to meet us it makes for more loyal fans."

On Hurst's website (www.hurst-band.com) he said he loves the role of underdog.

"I like the fact that fans can make a difference with this project because it's fan driven so if people get behind it and they phone or e-mail a radio station or do stuff like that everything changes," said Hurst. "I love that about the underdog role and starting out and I think it's cool when people underestimate you and you surprise them."

Hurst said there are many differences between his former band and his current one.

"Econoline Crush was based around sequencing with a groove, sample and melody where there was a lot of stuff in constructing the song," he said. "The band has an organic sound mixed with the classic side of rock 'n' roll."

Hurst also collaborates with for-

mer Collective Soul guitarist Ross Childress, who helps write songs with the Hurst band.

"He's an amazing talent and I love writing songs with him," said Hurst. "I hope to write a ton more in the future."

Hurst said he's played with many great artists during his career including KISS, Sammy Hagar and Stabbing Westward.

"Everybody has been fantastic and I've met very few people who were rude or egotistical," he said. "Everybody from Dave Grohl to Robbie Robertson to guys such as Ian Thornley who have just fantastic personalities and are great people and wonderful artists."

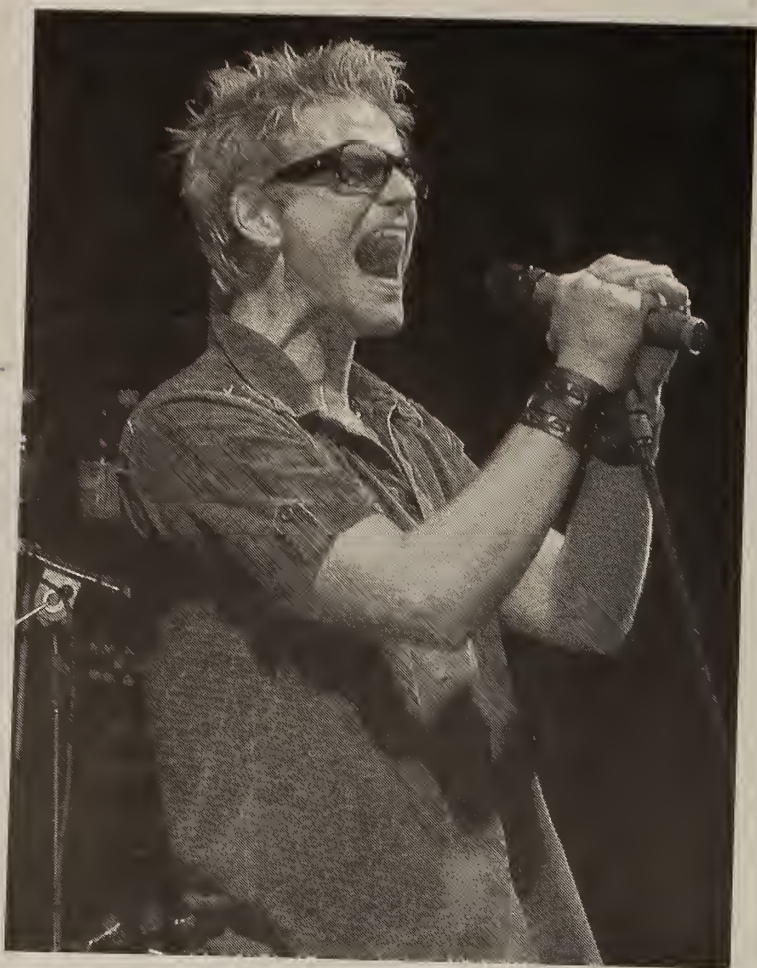
Hurst said Thornley is one of the true natural rock stars that he's ever met.

"I've met a lot of musicians and Ian is the total package. He has a great voice, plays great guitar, but also his look and who he is make him a true artist."

"Some artists become a singer by default, but with Ian it's something he couldn't avoid," he said. "He's a rock star so it's cool that we have those in Canada and it's something all of us kind of look at with awe."

Hurst said his band is active in charity work.

"I support the victims of Hurricane Katrina and we have something posted on my website where people can give donations," he said. "I also have a special place in my heart for teenage children who have run away because I used to help out a lot before I started in rock music, so that's important to me."



(Photo by Jon Yanoff)

Trevor Hurst's band, Hurst, rocked the stage when they opened for Thornley on Sept. 15 at Conestoga College.

Fairy tales' endings not always happy

By VANESSA PARKER

If you're intrigued by fairy tales but have always found the happy ever after endings unrealistic, then *Into the Woods* is a musical worth going to see.

Into the Woods is a musical comedy playing at the Stratford Festival and displays the darker side of childhood fairy tales.

James Lapine and Stephen Sondheim wrote *Into the Woods* in the late '80s after reading a 1976 book, *The Uses of Enchantment*, by child therapist Bruno Bettelheim.

This book argued that fairy tales were not just harmless, innocent stories used for children's escapism, but powerful symbols of their experiences moving into childhood.

The obvious lesson in *Into the Woods* is to be careful what you wish for.

In the play fairy-tale characters are brought together when a baker and his wife are cursed by a witch. The couple must find four objects demanded by the witch or remain childless.

The witch needs a cow as white as milk, a cape as red as blood, hair as yellow as corn and a slipper as pure as gold, for her beauty to be restored.

The baker and his wife venture into the woods to retrieve the necessary objects and encounter characters from various fairy tales.

The baker trades his magical beans for a cow from a boy named Jack then saves a little girl and her grandmother from the stomach of a wolf, earning a

red-hooded cape.

The story continues when the baker's wife finds a damsel locked in a tower and tricks her into letting down her hair, snipping a sample. She then receives a slipper from a girl running away from a prince and the royal ball.

All characters at the end of Act I live happily ever after. The witch has her objects and can be youthful again, the baker's wife is pregnant and the prince finds his Cinderella so all is well.

Act 2, however, deals with the consequences that traditional fairy tales conveniently ignore.

The fairy tale characters are confronted with reality. For Cinderella does marrying a prince really solve all her problems?

What are the consequences of Jack killing a giant? Is the prince truly content now that he has found and married his enigmatic damsel.

The cast puts on a magical performance with sets and costumes that you can't take your eyes off of. Watch *Into the Woods* if you want to regain some of your childhood innocence and see what you might have missed in the fairy tales you were told when you were growing up.

Into the Woods is playing at the Avon Theatre until Oct. 30.

The Stratford Festival offers \$20 admission to anyone between the ages of 18 and 29. However, you must register at www.stratfordfestival.ca/playon. You can then buy your tickets online at the same address you register on or at the Festival box office.

Flight Plan crashes and burns

By ERIC MURPHY

The newly released movie *Flight Plan* may be in for a rough ride, even with the talent of Jodie Foster at the wheel.

The movie starts off strong as mourning wife, Kyle Pratt, played by Foster, wakes up to find her daughter missing while en route to America on a newly designed super airbus. Captain Rich (Sean Bean of blockbuster, *The Fellowship of The Ring*) and Air Marshal Gene Carson (Peter Sarsgaard of indie-favourite, *Garden State*) do all they can to help the emotional mother.

The movie starts to lose credibility as disbelieving passengers and crew question Pratt's sanity as all evidence points to the idea that her daughter never existed.

The overplayed mysterious glances back and forth between crew members denying to have ever seen the daughter creates flashbacks of old Scooby-doo cartoon crusades.

Nevertheless, Pratt struggles to solve the mystery at 30,000 feet, alone and desperate.

Will she find her daughter? You'll have to watch the movie to find out. However, in order to do that you'll have to sit through lacklustre visual effects and a weak performance by Foster.

In the end you may hope you are the one rescued.



(Internet photo)

Flight Plan may not be getting good reviews, but the suspense movie brought in about \$15 million over the Oct. 1 weekend.

jostens

GRAD RINGS

VISIT THE RING DESIGN CENTER

Tuesday & Wednesday

October 18th & 19th

10%

OFF

11:00 a.m. to 2:00 p.m.

Foyer Inside Door #3

Deposit: \$25.00

Head-to-head: Rangers' road to the Memorial Cup

Getting the Memorial Cup may be wishful thinking

Rangers have what it takes

The 2005-'06 Ontario Hockey League (OHL) season is under way and the Kitchener Rangers seem to have the pieces to win this year's Memorial Cup, at first glance anyway.

A closer look shows they have the glue with a mix of some young and talented players, but do they have the mould and team chemistry to win the coveted minor league trophy they last won in 2003.

There are so many teams throughout the Canadian Hockey League (CHL) that it's anyone's guess right now who will come out on top when the season and the playoffs are said and done.

In the OHL the Ottawa 67s and the Barrie Colts are always contenders and are leading their divisions early on this season. Last year the Ottawa 67s were one of the four teams to make it to the Memorial Cup tournament.

In the Quebec Major Junior Hockey League (QMJHL) the Moncton Wildcats and the Victoriaville Tigres are ahead early on in the season. Last season the Rimouski Oceanic had a 28-game unbeaten streak so anything can happen during the course of the season.

So far in the Western Hockey League (WHL) teams such as the Calgary Hitmen and the Moose Jaw Warriors are ahead in their divisions. It's too early to tell which league and what team will win the Memorial Cup, but it's evident the WHL has a favourable shot considering teams in the



Jon Yaneff

Opinion

league have more of a long-term plan philosophy than the OHL and QMJHL. The Kelowna Rockets have gone to the Memorial Cup the last two years including winning it in 2004.

They have the players to do it, but they have to hope goaltender Dan Turple can continue to play well consistently throughout the whole season and in the playoffs.

For the Rangers to get to and win the tournament this year they would have to go on an impressive unbeaten streak, such as the 31-game streak the London Knights assembled last season.

They have the players to do it, but they have to hope goaltender Dan Turple can continue to play well consistently throughout the whole season and in the playoffs. Last year he didn't win in his three playoffs games, so that led the way for Eric Pfligler to shine,

posting a 9-4 win-loss mark and a 2.82 goals against average. This year Pfligler will back-up Turple which could be a solid one-two punch.

Turple will have to improve on his 17-16-5 record from last season if his team wants to win their second Memorial Cup in four seasons.

On offence they lost their captain Mike Richards, who is now trying to make his mark on the Philadelphia Flyers.

On offence their major offensive weapons are left-winger Patrick Davis and centre Evan McGrath. Last season McGrath chalked up 28 goals and 87 points and he already received OHL Player of the Week honours, posting five goals and nine points in the Rangers first two games during the first week of the season. The Rangers will rely on McGrath's offensive numbers throughout the season and anyone else that comes up big will be a pleasant surprise.

On defence the Rangers are solid. They have three players on defence who were drafted in the 2005 NHL draft including Jakub Kindl (Detroit), Matt Lashoff (Boston) and this year's captain Mark Fraser (New Jersey).

OHL teams pretty much put all the marbles in the bag for one season (London) and WHL and QMJHL teams usually have long-term plans if their franchises are doing well (Kelowna), so if the Rangers think this is their year they have to prove it when it counts, the playoffs!

After last year's playoff loss to London, the Kitchener Rangers were in desperate need of a confidence boost.

An explosive start to the 2005-'06 season has lifted their spirits, as the recharged Rangers find themselves leading their division and electrifying fans once again.

After starting off 3-1 in their first four games and with London losing most of their fire power, the Rangers have established themselves as a fierce team to be reckoned with.

With the combination of a high-powered offence and a solid defensive core, Kitchener looks to have all the ingredients for a competitive team.

Add veteran goaltender Dan Turple to the mix and the Rangers may have the perfect recipe for cooking up a Memorial Cup.

But even with Kitchener's stacked roster and early season success some Rangers' fans still feel the departure of all-star Mike Richards has created a big hole in their offence.

"Our money in the bank player isn't here anymore and that leaves a big pair of skates to fill," said Chris Doering, who is a season ticket holder and longtime Rangers fan.

"Richards is a great player but an even better leader. We're really going to miss him."

There is no doubt the loss of Richards will be a tough pill for fans to swallow, however, his departure will now create an opportunity for other Rangers to step up and steal the spotlight.

Future Rangers like Evan McGrath have risen to the occasion.



Nick Casselli

Opinion

McGrath, who is coming off a career high, 87 points last season, is the current player of the week and leads the league in points this year with seven goals and eight assists in a meagre four games.

He has also been a vital piece of the Ranger's number 1 power-play unit, scoring 3 of the team's league leading nine power-play goals.

Another bright spot for the Rangers this season is Patrick Davis, who is 11th in league scoring, with eight points in four games.

Dan Turple is second among OHL goaltenders with three wins and has a goals against average of 3.00 which ranks him sixth in the league.

Protecting Turple is the Rangers punishing defensive staff, quarter-backed by new Ranger captain Mark Fraser.

This defensive unit is certainly not lacking in size and will leave a bone-crushing presence on the ice, as the average blue liner stands more than six-foot-one and weighs more than 200 pounds.

The Kitchener Rangers have all the components of a great team. If they can stay healthy we may just see the Memorial Cup come back to Kitchener.

Conestoga College's golf team victorious in recent tournament

By JON YANNEFF

There is nothing sweeter than a tournament win.

Just ask Tiger Woods after the British Open at St. Andrews, Mike Weir after the Masters at Augusta and finally, Conestoga's men's golf team after the St. Clair Invitational at Fox Glenn Golf and Country Club.

The pairing of Brandon Christo and Scott Zettel shot a tournament low, 64, to win the golf tournament

by one stroke over Durham College in the final round of the two-day tournament Sept. 22 and 23. St. Clair in Windsor hosted the tournament.

The four other colleges that attended were Durham, Fanshawe, Humber and St. Clair (two teams).

Conestoga's golf team consists of team captain Jeff Emrich (third-year financial planning), Josh Hunke (third-year management studies), Christo (first-year general arts and science), Zettel (first-year architecture construction engineer-

ing technology), Adam Christie (second-year materials and operation management) and Jon Trotter (first-year accounting). The team practises every week at their home course, Whistle Bear Golf Club.

The squad is headed by coaches Chris Wehrle, Wesley Haynes and Justin Smith. Haynes and Smith played on last year's team.

"I am proud to coach these bunch of fine golfers," said Smith. "We have far exceeded expectations and I'm more than happy on how the

players have played."

Third-year veteran Emrich said the team is strong in part because they have all played in competitive golf tournaments during their junior golf careers.

"Golf is a different sport because you not only play against the course and yourself, but also for the other guys on your team," said Emrich. "Playing for Conestoga is the biggest honour of my golf career."

He said the team finished in the middle of the pack (fourth of seven

teams) at the end of last season, but this year he feels the team is different.

"In the past we've been satisfied with our finishes, but now we've been doing well and now we want to gain the respect from the other colleges," said Emrich.

"We've had a lot of talented players, however, this year the coaching staff has implemented numerous amounts of team bonding strategies, which have led to our success."

Conestoga College Recreation Centre

Activate Your Life!

Come To the Rec Centre To Sign Up For Intramurals

Intramural Sports

Starting Monday October 24th
Registration: October 1st - 17th

Ice Hockey: Tuesday, Wednesday & Thursday 4:30 - 6pm
Fee: \$200 cash team bond

Ball Hockey: Monday & Thursday 4:30 - 6pm
Fee: \$30 cash team bond

Co-ed Volleyball: Wednesday 7 - 10pm
Fee: \$30 cash team bond

Basketball: Tuesday 4:30 - 6pm
Fee: \$30 cash team bond

visit the Rec Centre for more info or to sign up

Varsity Sports

Tuesday October 11th

Women's Home Soccer vs. Mohawk
Recreation Centre at 4:30 pm

Wednesday October 12th

Men's Home Soccer vs. Mohawk
Recreation Centre at 4:30 pm

Reminder: To gain access to any of the facilities at the Rec Centre you must present your student card at the front desk.

748-3565 ext. 3565

Activities posted daily
Recreation Centre Hours
Monday - Friday
7:00 am - 11:00 pm
Saturday & Sunday
7:00 am - 8:00 pm

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**MUST BE 19 OR OVER
DOORS OPEN @ 7PM
\$10 IN ADVANCE
\$15 DOOR**